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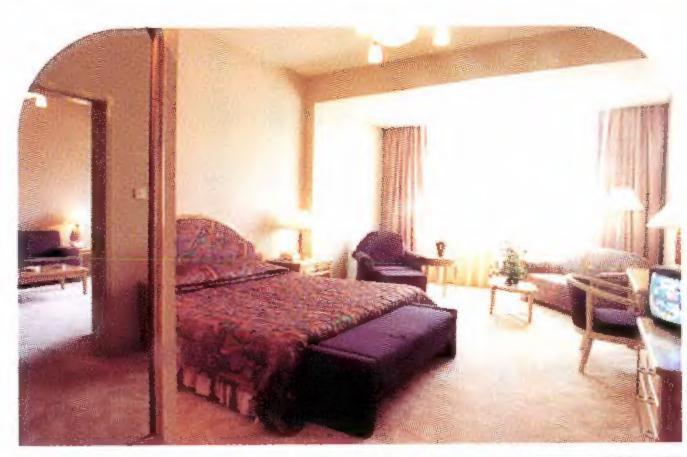


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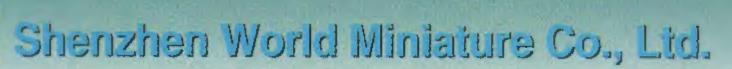


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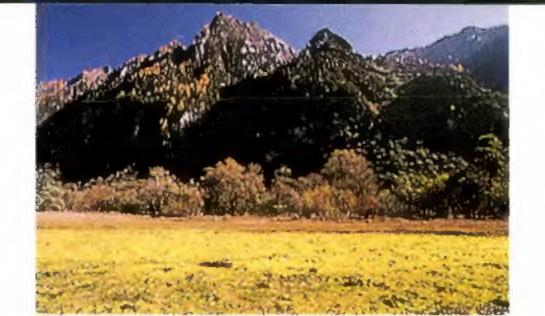
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NO. 193 AUGUST 1996



#### LANDSCAPES

#### **Colourful Leaves of Miyaluo**

6

#### FROM THE EDITOR

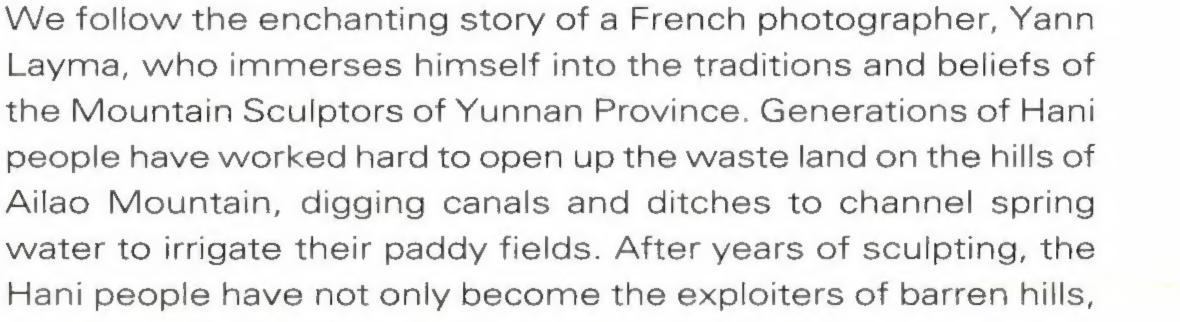
# The Wandering of My Mind While Eating Lobster

15

#### DISCOVERIES

#### The Mountain Sculptors

18



#### CITY PROFILE

#### Guangzhou, the Southern Metropolis

but the creators of breathtakingly beautiful landscapes.

34

Guangzhou, or Canton as it is otherwise known, has long been a cosmopolitan city, welcoming commercial trade from the Western world as far back as in the days of the Silk Road. With it came the potpourri of religions, races, beliefs and cuisine. In this issue we explore the many facets of this fascinating city.



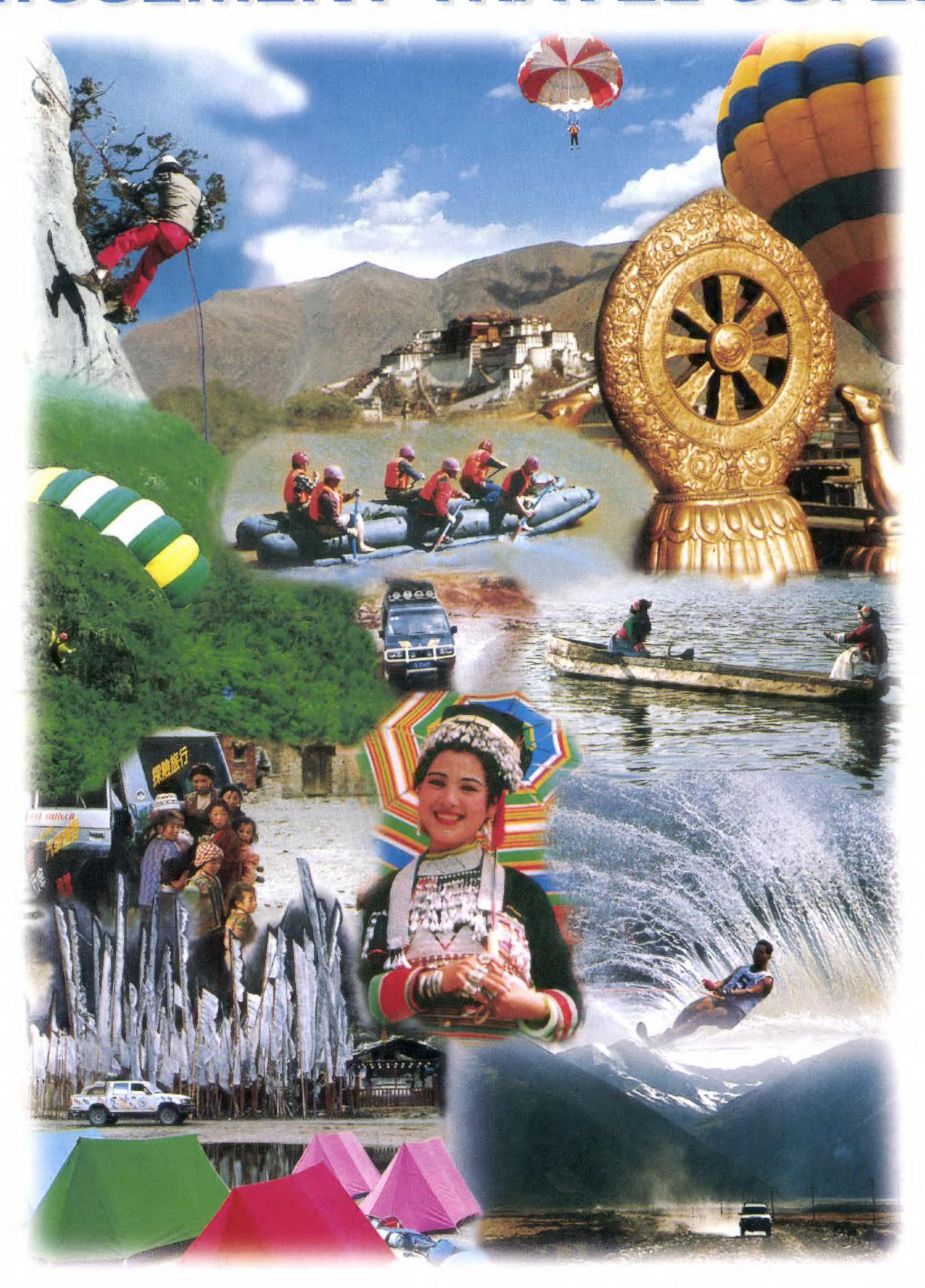
#### CULTURES

#### Consummate Skill in Sichuan Opera

44



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#### HIGHLIGHTS

#### **Exploring the New Stone Forest in Lunan**

Recently opened to tourists Naigu Stone Forest in Yunnan Province still retains its wild and sombre atmosphere. Walking in its spiralling maze of ominous limestone peaks one can easily loose one's way in the dense formations or unwittingly delve into a labyrinth of underground caves. Different from other stone forests in the area, this one has not yet been tampered with by man.



62

70

#### PEOPLES

#### The Kazaks in China

In the first of our new series on the ethnic groups of China we feature the Kazaks. The history of these nomadic Kazak people can be traced back to the Western Han Dynasty (206 B.C. – A.D. 24). For centuries they have wandered in search of pasture for their livestock and lived in their mobile yurts in Xinjiang, Gansu and Qinghai. In Baiyanggou near Urümqi tourists will be welcomed as a guest by a Kazak family in their yurt.

#### CHALLENGES

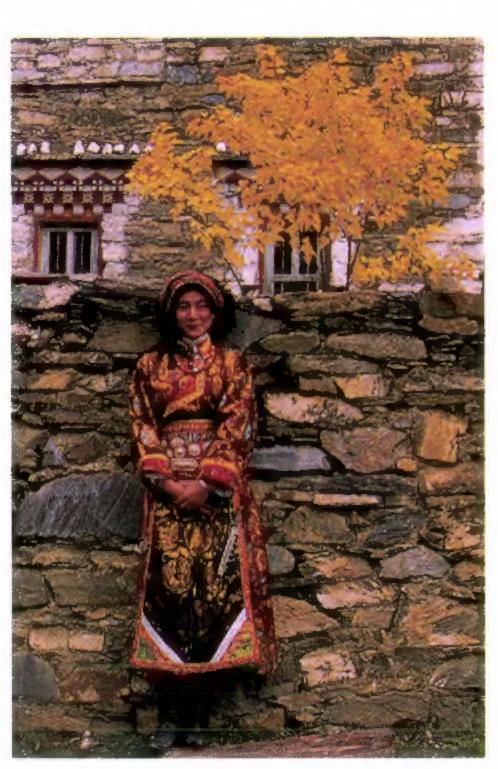
#### The Conquest of the Snowy Haba Mountain

A Story of Amateur Climbers

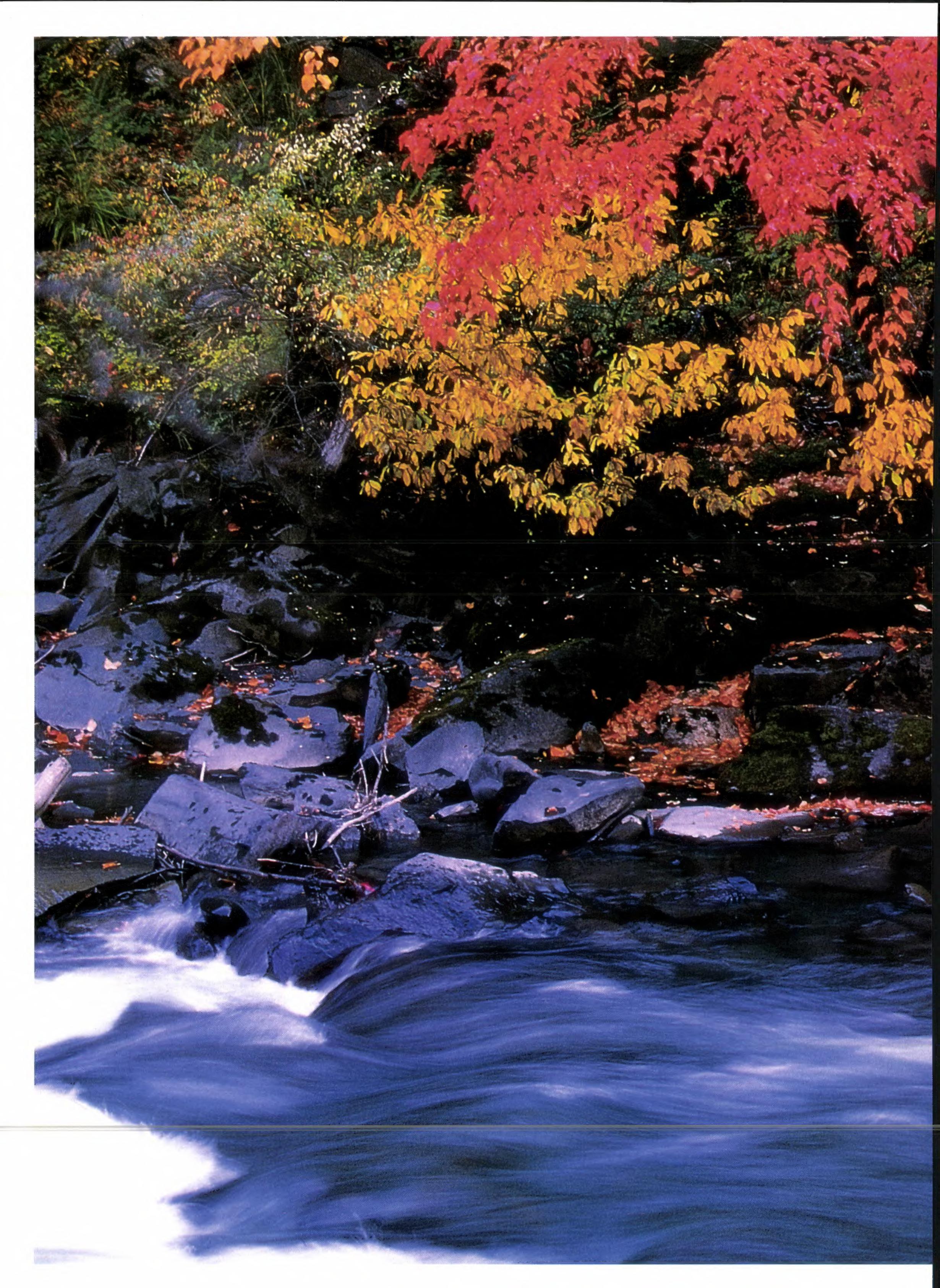
#### SPECIALITIES

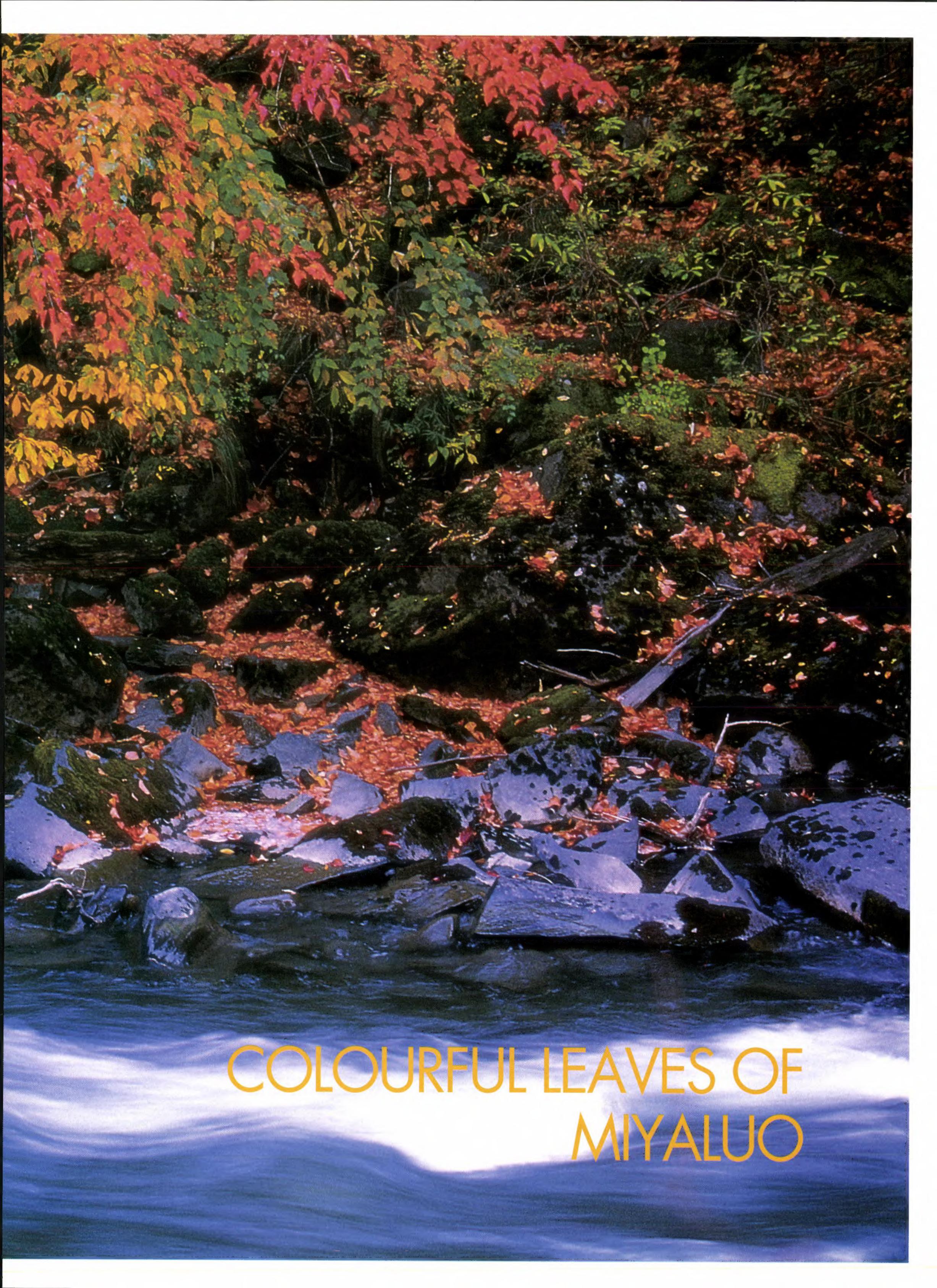
Restaurant Specializing in Chaoshou	80						
"Mountain Herb Eggs"							
UPDATE	82						

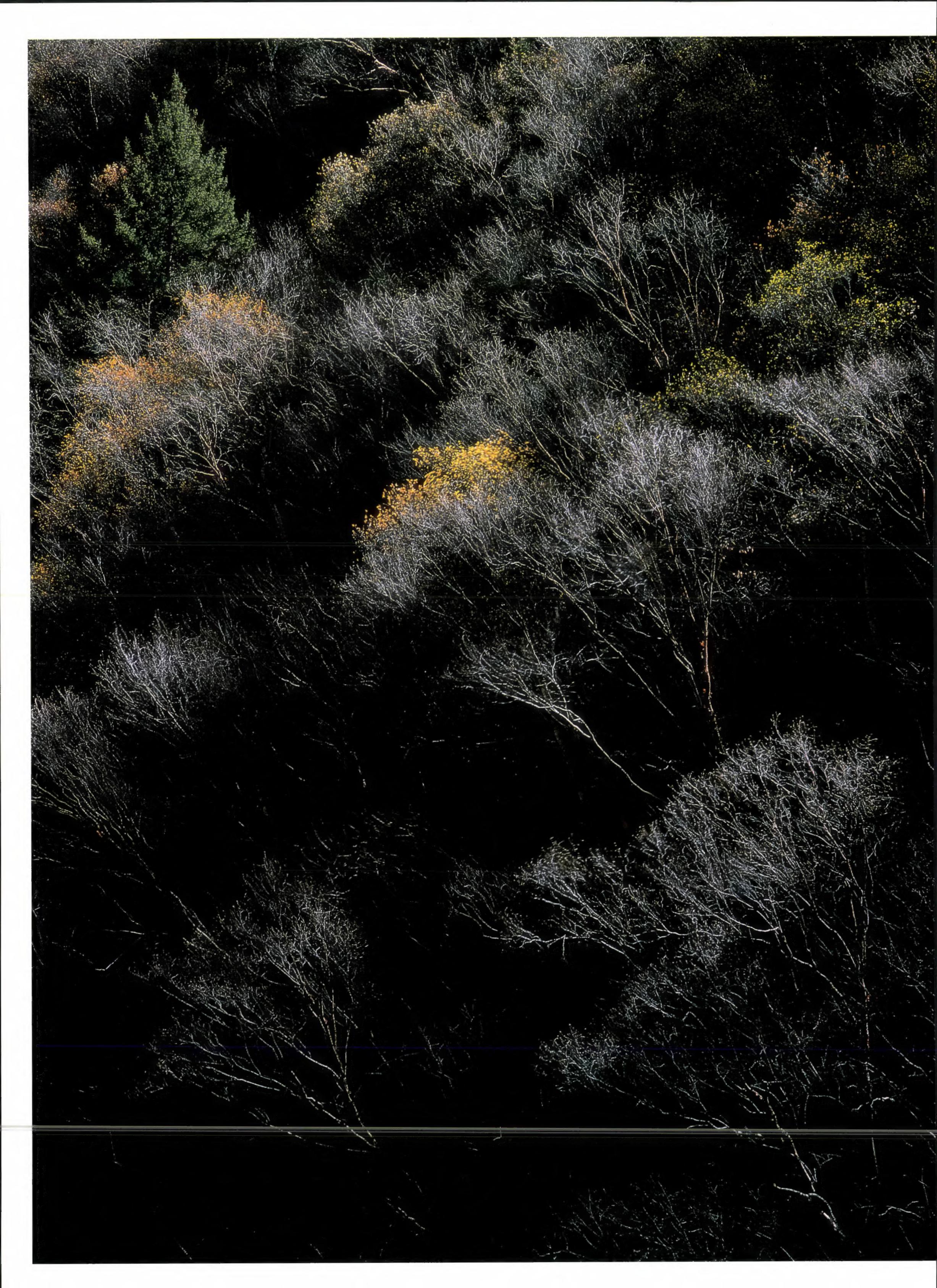
NEXTISSUE 79

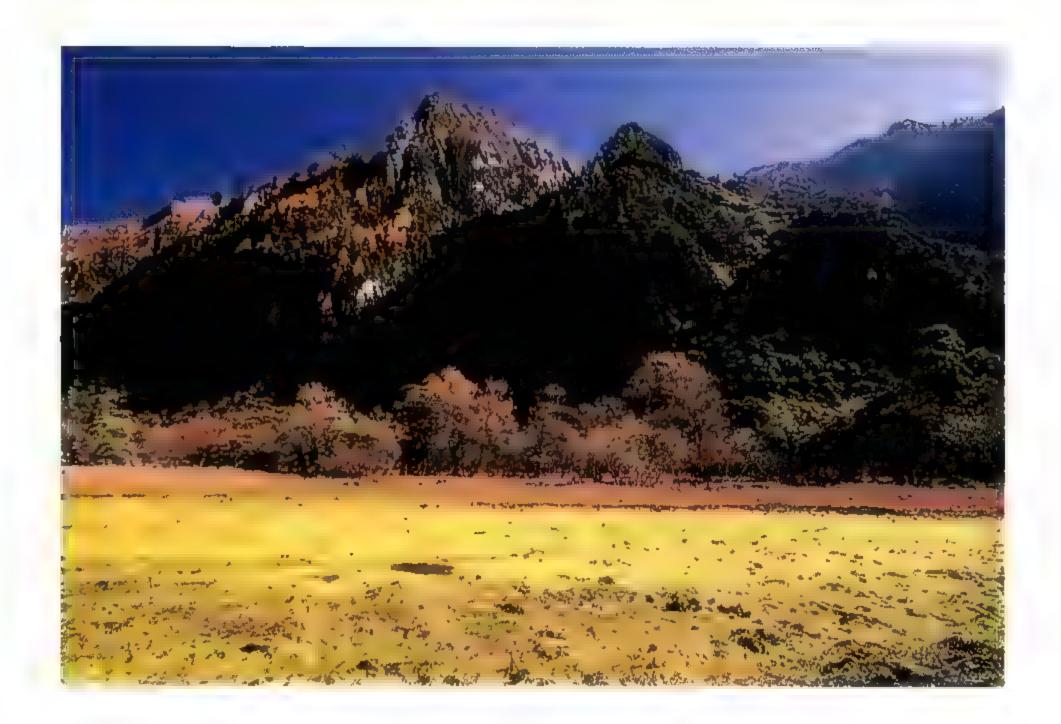


Front Cover: A Tibetan Woman in Miyaluo









It was a fine day and I was in a relaxed, leisurely mood when I took myself to Miyaluo in Sichuan Province. A broad expanse of trees unfolded before my eyes. Whenever a fitful breeze blew, the leaves of the trees quivered, revealing a dazzling array of colours in copper, red and every shade of green.

Beautifully contrasted against the clear azure sky were the crimson leaves of maples, the bright yellow leaves of kapok, the reddish-orange of mountain ashes, the dark green of cypresses and many other trees whose names I did not know but whose dense foliage covered the terrain like a thick carpet. Their leaves formed a beautiful brocade in a riot of colours: purplish-red, pink, reddish-orange, reddish-gold, light yellow, dark yellow, olive green, dark green, reddish-brown or simply brown. Amidst these dazzling colours were the dark tree trunks which gave forth the last few moments of life to this vision.

Closer at hand these leaves turned transparent against the sunlight in greens, fiery reds and yellow. It were as if they were made of amber shimmering in the bright sunlight.

Totally engrossed in this world of colours, I sank into a pensive mood and time slipped by without my noticing it. When I awoke from my reverie, I was unwilling to disturb the tranquil atmosphere and wished that it could last forever.

Only the water from the melted mountain snow gurgling in the stream gave the scene a sense of motion. I was reluctant to leave. As I walked away, I knew that where ever I went in the future, this enchanting scenery would remain imposed on my mind forever.

Photos by Guo Ji
Article by Yu Lan
Translated by Tang Bowen









Tips for Miyaluo Tour

Miyaluo lies 263 k ometies to the northwest of Chengdu. Departinum. In Cheman needs to trave through Dujargian Ct., which an an incountries before reaching Miyaluo. There is only one schell. In bus from Chengdu to Miyaluo, departing halp at Tlambel librariving at about 4 p.m. if you have several which extracting together you can hile a leep on a minimum, which costs between mk\$500.800.

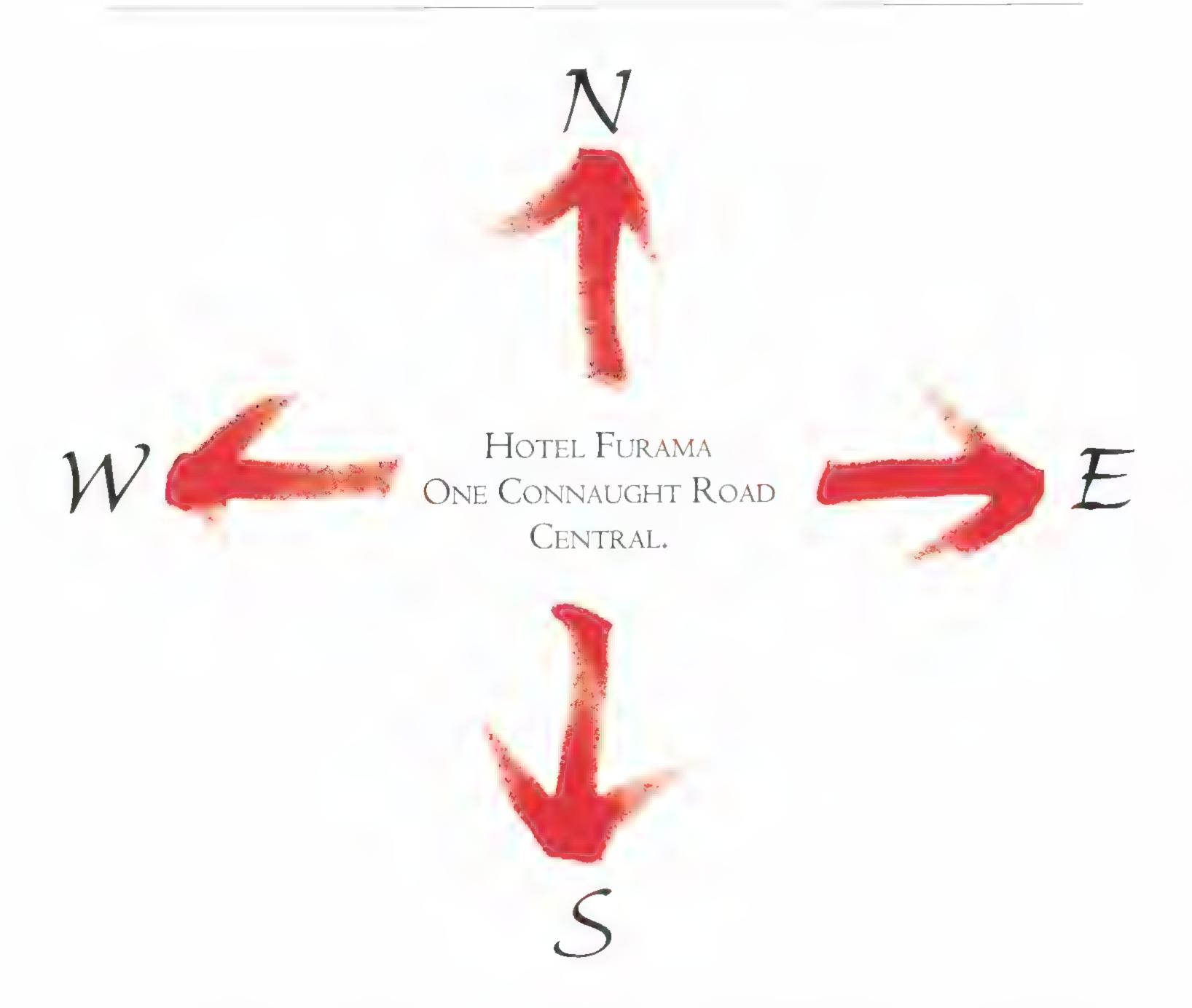
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September and October are the pert of stroses, the autumn leaves in Milyalab in early spring Aprilar a Mayo the mountains are covered with tender new shouth the pooming yellow flowers of rape. The area bis sere and a conferent during these two seasons

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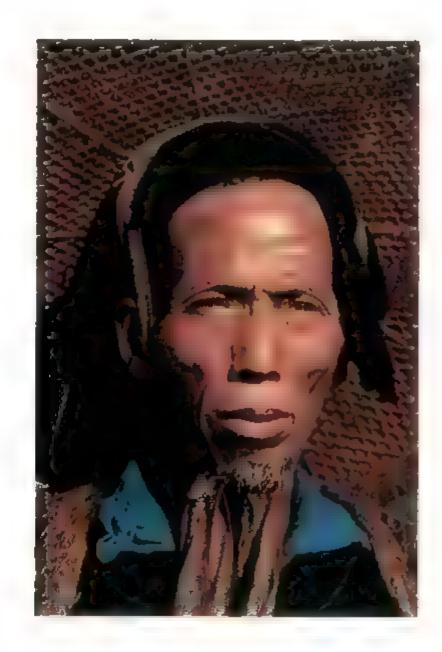
#### DISCOVERIES

# MOUNTAIN SCULPTORS

Photos by Yann Layma

Article by Debra Kellner

- Left: The rice terraces of Yuanyang County are among the most beautiful landscapes on earth. This landscape has been formed by 20 centuries of man's work. In the province of Yunnan (South of the Clouds) rice terraces rise to an altitude of 2,500 metres stretching beyond the clouds. In the valleys of the Ailao Mountains the Hani manage to yield two harvests per year, but only one above 1,800 metres.
- Upper: In each Hani village stands a migu, a village sorcerer. He is in charge of speaking to the many village spirits and performs sacrifices and magic incantations around the mountains so that the village and the rice fields remain in peaceful harmony. Scared to see a foreign visitor for the first time, Grand Dragon, with his great sense of humanity, gradually became a close friend forever.
- Lower: At the end of winter comes the day of the pig sacrifice. In each village, the sorcerers dressed as women are considered as the symbol of fertility. They gather at the foot of the holly tree standing at the water source in the forest. After prostrations and prayers the pig is killed. The meat is burned together with rice hay which is to be scattered onto the water source to assure the fertility of all the fields for the coming year.



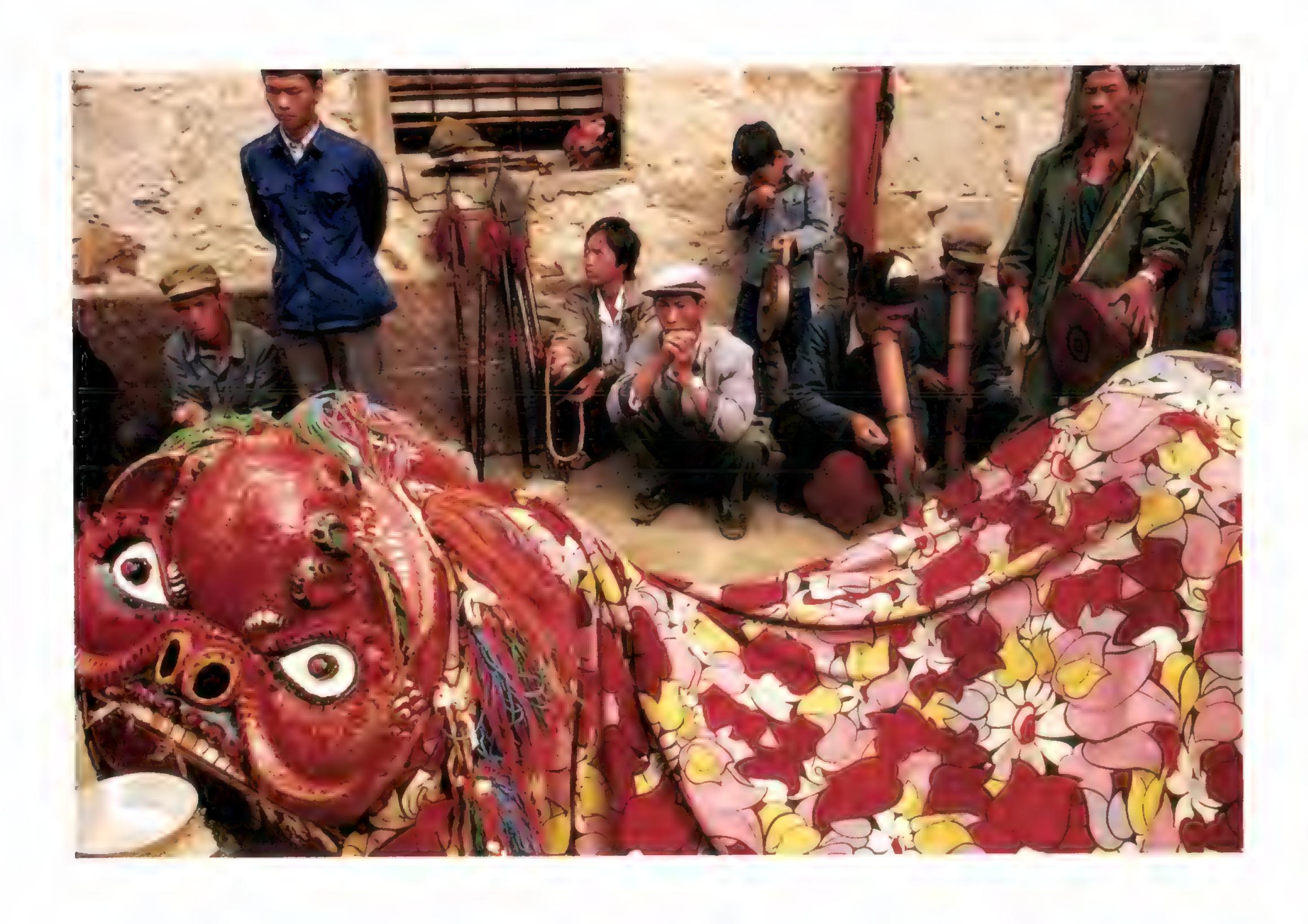
The Grand Dragon suddenly takes a fistful of rice, as if it were the spirit of the man, and throws it towards the sky. A gesture that will take the soul of the dead into the afterlife. The thin old man is the village migu, shaman, or medicine man. A peace keeper and a rice expert, funeral parties are part

of his repertoire. In the courtyard of the dead man, he has prepared a feast to appease the Gods. Rice, alcohol, pigs' heads, and a final offering to the deceased – the head of his buffalo, symbolizing that even death will not separate them.

A fierce but comical-looking dragon painted in glorious red, begins dancing to the frantic beat in the courtyard below. He moves swiftly along the village path, tipsy, hands held high in the air. Swaying to the rhythmic beating of drums and cymbals, he halts in front of the deceased's house. The atmosphere is more reminiscent of a train station on a long weekend than a funeral. The villagers of Bada is celebrating a friend's departure into eternity. There are certainly going to be more celebrations awaiting him in the afterworld, so why bother mourning him here or feeling sad?

Mumbling prayers to the gods, Grand Dragon moves quietly, pulling on his goatee beard. With a slight smile, he enters the house of the dead. Behind the old migu, two





A man is always linked to his buffalo; together every day, they work the fields. The buffalo is believed to be a messenger from the gods and therefore superior to man. When the man dies, his buffalo is sacrificed and they are buried together so that the spirit of the buffalo can guide his partner on the way back to his kingdom in the sky.

During the funeral ceremony of an important man, a Hani village is filled with traditional music. Grand Dragon comes to eat rice and drink rice wine, dancing in front of the deceased's house. By doing so, he will accompany the spirit of the man to the kingdom of the clouds. The migu hides and scares away any children getting too close in order to protect the secret of death.

### THE STORY OF YANN LAYMA

ravelling had always been my child-hood dream.

On my 17th birthday, my mother offered me the first French issues of *Geo* magazine with a subscription. As I opened it, my life changed. At once, I wanted to become a photographer.



At 20, after nine months' study in Taipei, I became impatient at school and couldn't wait to start taking pictures for magazines. Full of ambition, I went to the Élysée Palace to ask if I could do a story on a day in the life of the French President, François Mitterrand. It had never been done before, it would be a scoop if I could do it. Finally, after six months, I was lucky enough to meet with the president and personally present the details of my project. He looked at me with surprise "How old are you?" "20, Mr. President!" He smiled and gave his OK.

Following my passion, I left shortly afterwards to settle in Beijing where for two years I received assignments and worked on my own stories. But, there is one I particularly like: "The Mountain Sculptors" of Yunnan.

I was the first foreigner to visit the area. In the Hani villages, people ran away from me, thinking I was a ghost. Some even asked: "Were you

really born like this? You are so unlucky." Over time, people became really friendly and helpful.

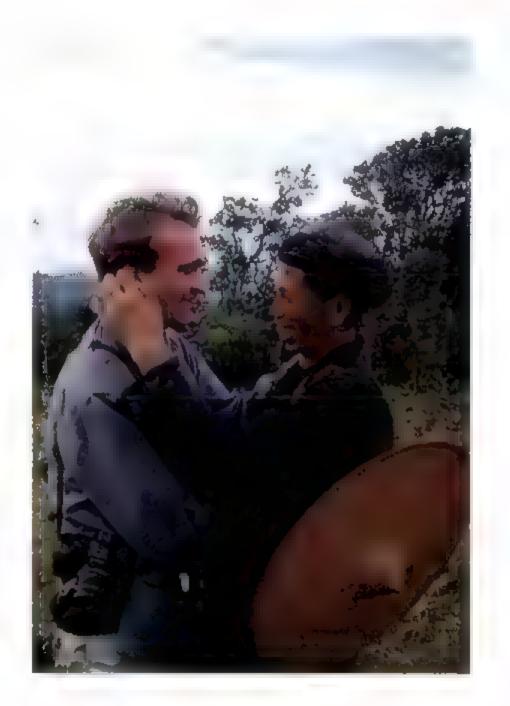
For me it was like living a beautiful dream, walking in the sculpted mountains, some of the most beautiful landscape on earth. Most enjoyable was staying in the villages, living in the attics of the peasants, slowly learning about their culture and their daily lives. The passion to learn was equally shared by the Hani people. I was in fact a curiosity to them, the entire village could not stop asking questions and I could not move without a hundred children around me.

I started searching for a sorcerer with a big buffalo who would be the

main character of a story to lead foreigners into the Hani culture. I will always remember the day I met Grand Dragon. He was so scared that it were as if I were from another planet. But, as he said: "I saw a very good heart in your eyes."

Among all my travels around the world, this is by far my best souvenir.

Photos showing Yann Layma, the author, and Grand Dragon together

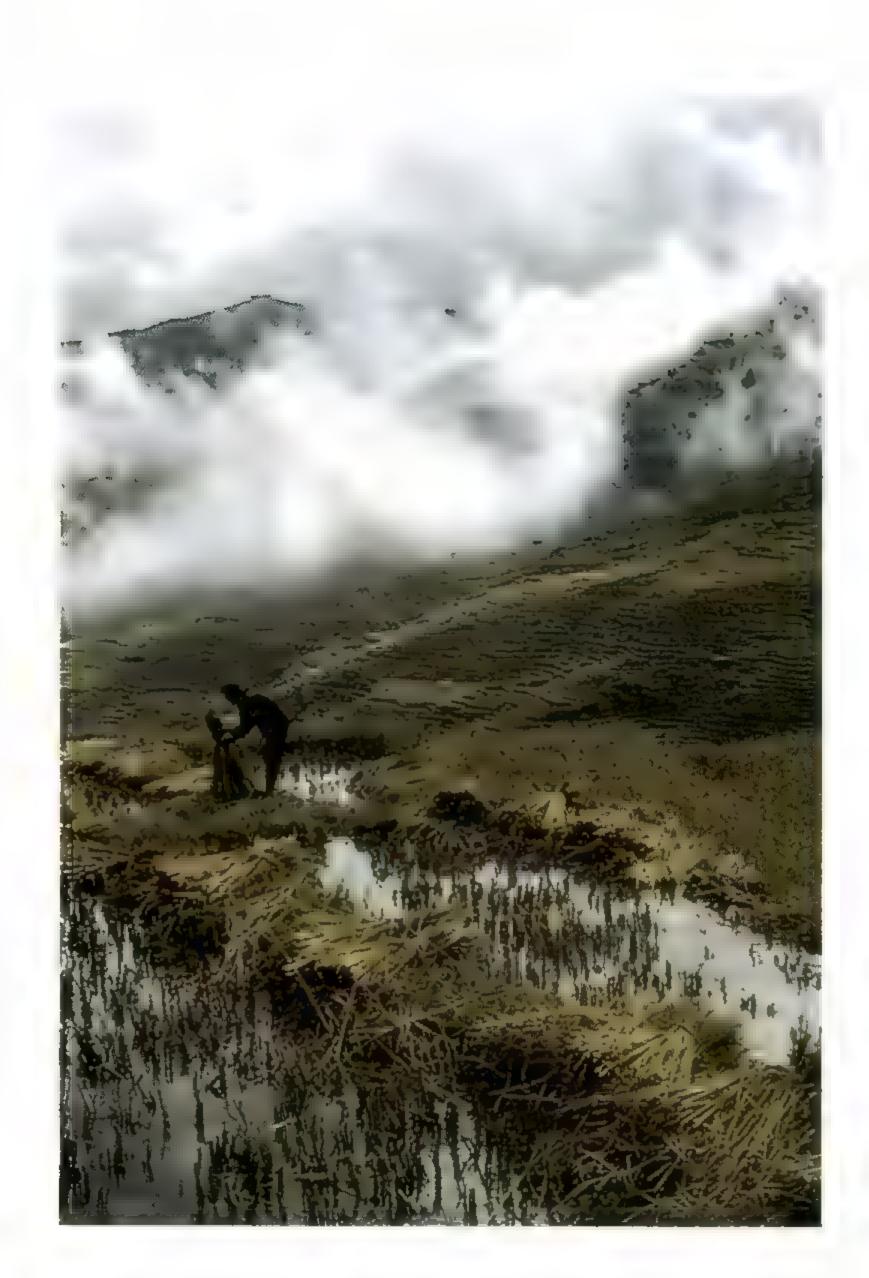






During harvest time, which comes twice a year in the valleys, all the Hani family work together. While the men thresh the hay against a wooden box and carry the loaded bags up to the village, the women cut the dried rice.

Each family has, on average, 100 paddy fields which makes the Hani work all year round. They always start from the bottom of the valley where the season is more advanced.



dozen women shuffle through the door of the windowless house. Inside, it is dark and pungent with the smell of incense. The women move with caution on the dirt covered floor. The colourful greens, blues and purples of their costumes are like graffiti in a dark alley. On top of a rough wooden table, lies the corpse. A white silk cloth scattered with flowers covers the thin lifeless body. In the dim light, only the dark, peaceful look on the corpse's face gives away the nature of this festivity.

At the sight of the body, the women break out into a chorus of tears and wails. It's not the first time these women have cried together. One woman misses a cue and giggles,

At a neighbouring table, the living knock back cups of rice alcohol and the contents of a pork dish. Sitting propped up against a dusty wall, Grand Dragon raises his cup to toast "Hobadu!"

His eyes shine with happiness. Judging from the gregarious smiles and generous offerings of cigarettes, a lot of rice wine has already made its way around this table! The men are boisterous, telling tales of rice: discussing when each one of the 13 varieties has to be planted, harvested, separated, eaten, and how much of the leftovers should be bartered for tobacco and other such goods in Yuanyang, the county capital. Just 7 kilometres away, Yuanyang is a combination of vegetable market and video shops blasting Robocop II from their speakers.

#### Mountain Masterpiece

In Bada, a remote village in the Ailao Mountains, are the Hani, a small minority, now 1.3 million in number. Being one of China's 56 officially

recognised minorities has helped protect the Hani as an autonomous minority.

But the Hani are much more than an autonomous minority. Some 2,500 years ago Hani ancestors migrated from the high plateaus of Tibet to this southern corner of Yunnan Province. Upon arriving, they discovered they had an enormous problem on their hands. The surrounding valleys were totally unsuitable for any agricultural purpose. In their former homeland, they had lived as nomadic farmers, burning down the forest to fertilize the soil. In the Ailao Mountains, such a life was impossible.

The Hani forced their stubborn will upon nature. They simply began to dig into the mountain and surrounded the freshly ploughed land with stones to create fields. Finally they flooded the slopes with spring water from the mountain's source. Next they planted rice to create paddies.

Later in the 14th century, under the Ming Dynasty, this unique technique of cultivating difficult topography spread throughout China and Southeast Asia. As a result China's emperor was to baptize the Hani people

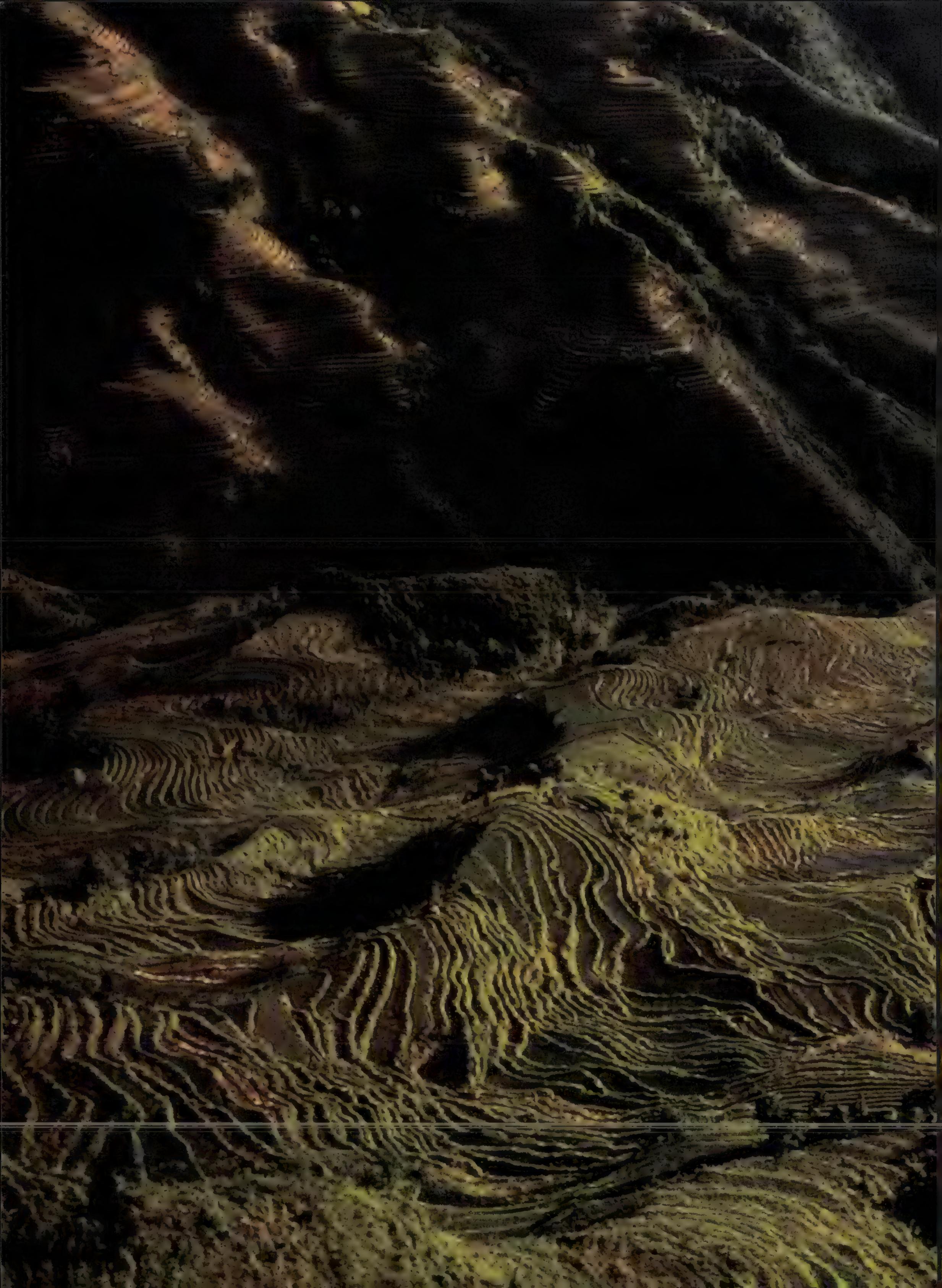


"Mountain Sculptors", a name that would stick for centuries to come. They have managed to sculpt the Ailao Mountains into a veritable master-piece. From above, the mountains cradle a prism of mirrors as far as the eye can see. When the sun creeps out of the valleys at dusk, the people of Bada, sit at the edge of their village and look down at the glistening mosaic. They see their history carved into these mountains.

Their animistic beliefs oblige them to contemplate the plant that nurtures them. Rice is godlike. When they work in the fields, they avoid whistling and clapping their hands. Such noises could spook the rice gods, of which there are many.

Left: The Hani people work all day long during the harvesting season. They bind the rice stalks into neat bundles and dry them in the fields. When this busy season is over, they will drink rice wine to celebrate their good harvest.

Right: While the parents collect the rice, the children catch the fish that are raised in the paddy water. The fish are then preserved in vinegar and hot chilli oil in big clay pots for the lean days.





Above: Every day the Hani men sit together to enjoy a bong. A very noisy bamboo pipe used to smoke a strong local tobacco. All the men carry their bong into the fields and when its time for a break they like to sit and admire the landscape. The villages are full of the naise of the slurping, slow sounds, like the tempo of a reassuring rhythm of peace.

Right: In the main room of every Hani home, sits the holly rice basket. Rice is considered a god among the Hani and they always reserve the best place

for the basket. Here an old man, as if conducting a ceremony, gathers rice from the basket to possible a meal for the family. Hani houses are usually built to house the animals on the ground floor, where the buffalo stands like a king guarding the entrance and stairway. On the first floor, the main room is where the old man sleeps next to the fire place, surrounded by tiny box-like rooms just big enough for a bed. The smoke rises directly into the attic where the rice is stored. It protects the crop from insects and humidity.

## MOUNT AILAO AND THE HANI ETHNIC GROUP

ount Ailao stretches across the counties of Xinping, Mojiang, Yuanjiang, Yuanyang and Lüchun in central and southern parts of Yunnan Province.

The mountainous area offers magnificent and wonderful views. In its primitive hill forests grow pines, cypresses and Nanmu trees, as well as

various kinds of rare flowers and grasses. But by far the biggest attraction is the Hani people living in the area who have carved out hundreds of terrace fields from the hill slopes, of which the terrace fields in Yuanyang County are the most beautiful.

In the Mount Ailao area different ethnic groups have settled, the Huayao Dai people live at the lower altitudes, while the Yao, Yi and Hani peoples live higher up in the mountains. Among them the Hani people are the largest in population. In fact, most of the villages one wonders across belong to the Hani. The Hani people consider high mountains to be the most ideal place for residence because it is neither too cold nor too hot.

The ancestors of the Hani people migrated here from the Tibetan Plateau along the Lancang River about 2,500 years ago. Today the 1.1 million Hani population all live in Yunnan Province in compact communities. Rice is their main crop but they also farm maize, cotton, beans and tea. Their whole life is closely connected with rice. For instance, their calendar is set according to the rice growing season of which they have

two each year. Sowing takes place in the second month, transplanting in the fifth month and harvesting in the ninth month. After many generations of sculpting, all the hills and mountains have become beautiful land-scape of terrace fields. As they say, "No matter how high the mountain, water can always reach the top." The Hani people are the real exploiters

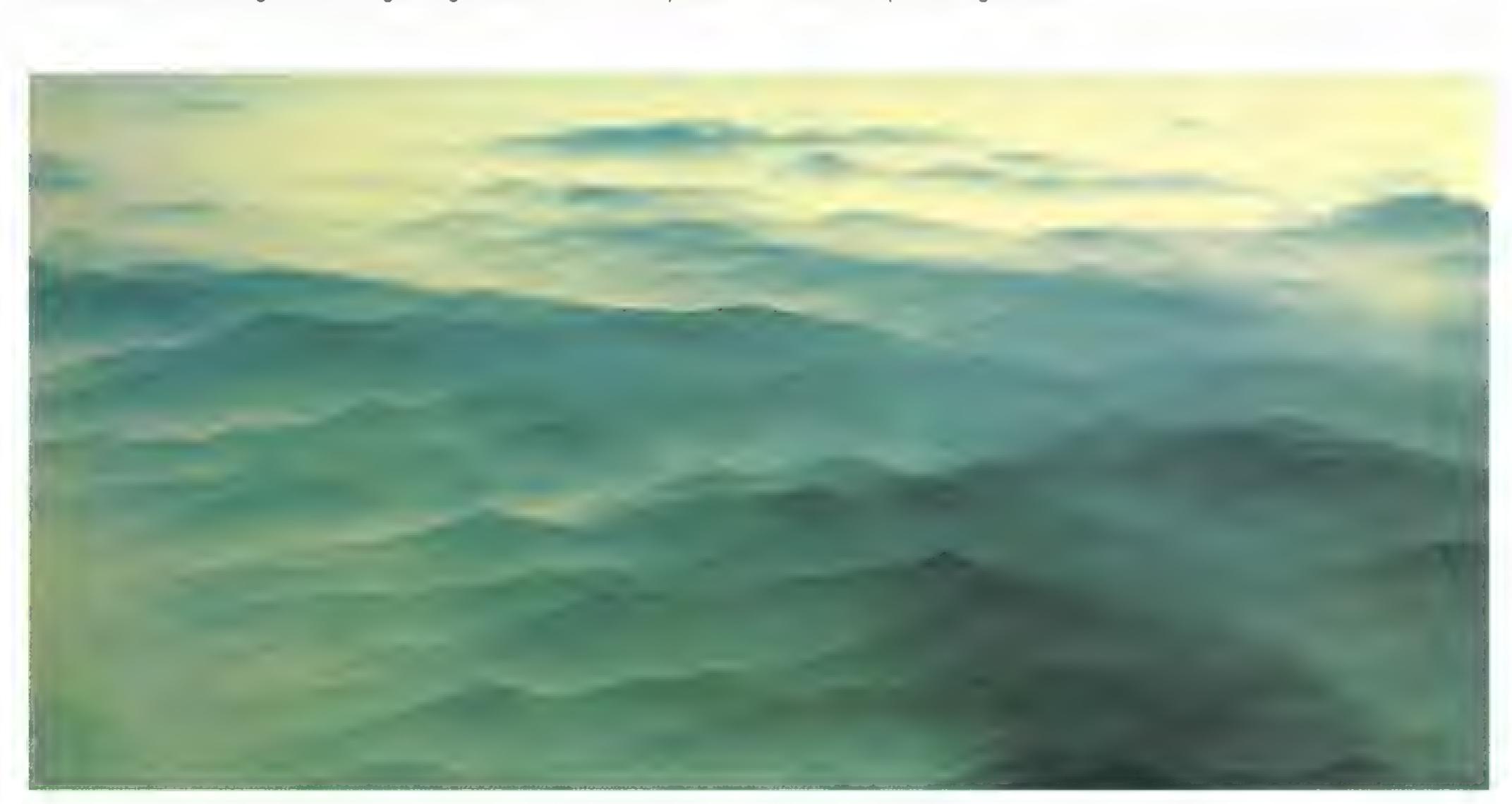
of the barren hills.

The Hani people are pantheists who believe that everything in the world has its own spirit, so they often worship gods such as the Heavenly God, Earth God, Mountain God and Rice God. In each tribe there is one or several Migu (Rice Wizards) to be in charge of funeral and worshipping matters, as well as settling disputes among the tribe members. Only those who are of high prestige can take this position.

After the death of a Hani, his or her relatives kill a chicken or a piglet to offer it as a sacrifice to the dead. However, the most honoured sacrifice to an esteemed person is an ox. On the day of the funeral, all the villagers stop their activities to take part in the funeral procession which is led by the

Migu. All the people drink wine together and throw rice to the sky to offer sacrifice to the Heavenly God, wishing the soul of the dead to begin its journey to heaven.

The Hani people are by nature very hospitable. Even if a stranger comes to their home, it is customary that he or she to be invited to sit and share a cup of Menguo wine.



The Hani's year follows the rice cycle. In February, they plough and repair fields and then sculpt new terraces. In May they start planting, and September brings the harvest, almost always an abundant 900 kilos per family. The Hani do not know hunger.

Yet still, the Hani continue to look for more rice. Every year the "Mountain Sculptors" dig and sculpt new paddies. This cannot take place unless the migu has the approval of the gods. In order to exploit nature, it needs nature's approval. Only a migu has the necessary competence to ask the wind, rain and the seasons for accordance.



Rice, as a grain or alcohol, is the focal point of parties and ceremonies. At New Year, in the 10th month of the moon year, the migu steps in front of the village people holding six bowls of sticky rice. Three of the bowls are black, symbolizing the outgoing year which the migu throws behind him. The remaining white bowls are thrown in front.

The rice is known to bring lovers together. Until marriage, Hani women are said to enjoy great sexual freedom. On the day of the wedding, the groom offers his bride a bowl of half cooked rice that she must swallow to the last grain. By doing so, she shows her willingness and capacity to be faithful to her new husband during future hardships.

#### Buffalo, Messenger of Gods

When Grand Dragon seeks the gods' approval to sculpt a new mountain, one can see him standing on the mountain top, darkly clad under a halo-like straw hat. Singing with hands held high, he tells the gods that bad spirits don't need men, and good men don't need bad spirits. Shouting and appearing words that are carried away into the cluttered fogridden valleys. Never have the gods said "no" to Grand Dragon.

Grand Dragon receives the message through his buffalo. He reads it in the hoof prints, in the ears and eyes, and in the shadow of its mighty horns reflected against the grey water of the rice paddies. The buffalo stands as tall as Grand Dragon but must be 15 times his weight. His name is Immense Knowledge. Simply because he knows everything.

Previous Page: A typical view from a Hani village in Yuanyang County. At the end of spring, once the rice has been replanted seedling by seedling, the whole valley is covered by a light and fragile acid-green carpet. It is the best time of the year for the Hani as the heavy work in the fields is finished until harvest time in autumn. Then comes the time of festivals and revelry before another yearly cycle of hard work begins.

Left: Before each meal, Hani women come to the village fountain to prepare the vegetables. It is the time for gossip between families. The fountain is The buffalo has always been the messenger of the gods. A very long time ago, Abo-Momi of the sky looked down on the Hani and understood that their civilization would starve if they did not receive help. So he decided to send the buffalo, who would explain to man the principles of cultivating rice. However, the beast's memory was too short for such a long trip. By the time he got to the Hani, he forgot the message and told them something totally different, making their hardship even worse. Finally, Abo-Momi made him stay on earth to work in the fields with man.

Ever since, the buffalo has become the Hani's better half. Without him, there would be no rice and without rice there would be no life in the Ailao Mountains. Never tired, the burly animal ploughs the muddy fields, never losing his temper. He carries rice bags and men over tired mountains paths. The Hani are always whispering that the buffalo is strong like the spirit of the mountains and calm like the water in the paddies.

A buffalo is the most valuable asset for the Hani, costing up to 1,000 yuan (US\$125). No wonder that the Hani want the buffalo to stay close by and not in a stable. The animal almost always occupies the ground floor of a house while the family live on the first, and the Rice Gods live in the attic where much of the rice is stored.

When Grand Dragon tells about the Hani, he usually tells about the buffalo. More often than not, this happens between puffs of his bong, a smoking pipe made of bamboo. His two grand children, seven and twelve years old, sit on the straw carpet in front of the migu's knowledge.



The migu explains why the Hani do not have a written language to their Tibetan or Burmese language. "It's all the buffalo's fault," Grand Dragon explains. "The legend says that a long time ago, our language was written on a paper scroll. One day the man needed to cross a river on his buffalo. Fearing he would lose the document, he put the scroll inside the buffalo's mouth. The buffalo accidentally swallowed the document." The regrettable incident explains at least two things: Why the buffalo knows everything – having all this wisdom inside his stomach, and why the Hani have such a good memory. "Without a written language," Grand

always busy during the day, being the usual meeting point where women come to sit and chat. There, they fetch water for the house and do the laundry. Each year the village sorcerer blesses the fountain and chants with knives to scare away the spirits of illnesses.

Right: Once the men have finished their meal in the smoky main room the women and children can begin. Rice is the staple diet of the three daily meals, accompanied by fried peanuts, hot lettuce leaves, poultry and pork on good days.

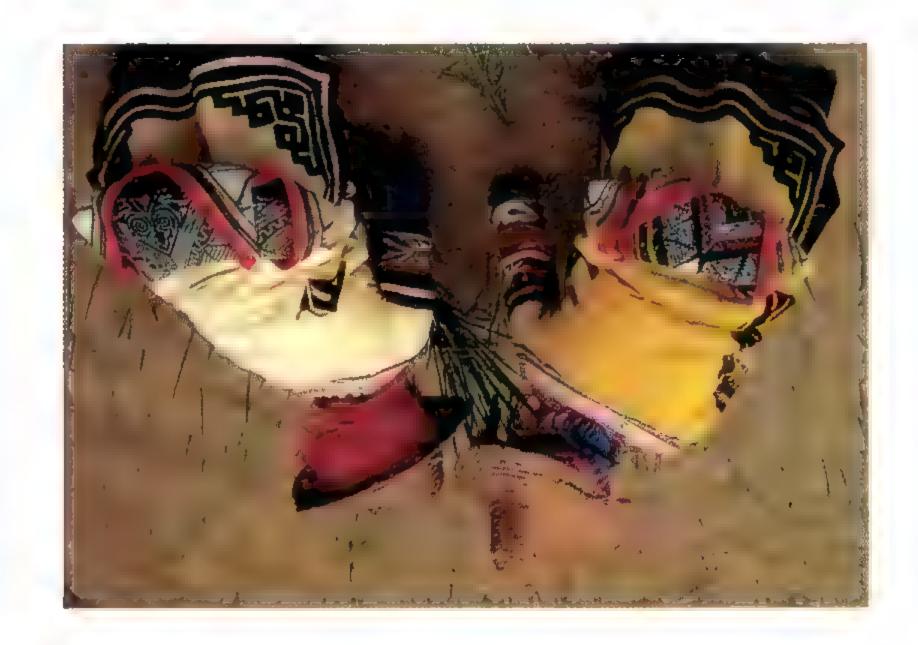




the air. This will definitively get rid of any spirits with bad intentions. tion. Just to be sure, he throws a handful of rice mixed with feathers into water for many fields, Li Hua promises. Grand Dragon nods in satisfac-Mountain Li Hua is appeasing the Water Gods. The Yellow Mountain has parcel of 100 fields that tradition entitles them to. On top of the Yellow understand: the people of Bada are growing and not every family has its

children from a first marriage. Grand Dragon and Immense Knowledge the son of Grand Dragon's neighbour, who refused to accept her two problem arose between the two villages. Old Tiger's daughter married gether. Usually this is not a problem. However, not so long ago, a small Hani tradition insists that the two villages must sculpt the mountain to-The Yellow Mountain lies half way between Bada and Duoyishu.

two migu's sit down to talk. "Hobadu!" Grand Dragon toasts. "Hobadu," As in all Hani tradition, bongs are lit, rice alcohol is poured and the head out over Bada's ridge.



mother, and action has been decided: the Yellow Mountain will be save the day. The problem is solved: the children can stay with their answers Old Tiger, gulping back his drink. Hard reasoning and rice alcohol

around the edges of Yellow Mountain. The noise of tools scraping over An assembly line of human willpower instinctively wraps itself sculpted on the next new moon.

the spring water as a way of purifying the source. Later, he arches his done. Grand Dragon quickly sacrifices a pig, letting the blood run through sculptors, who clank hoes together at the sight of the water. Their work is Resting along the banks of the new rice paddies, are the tired mountain begin to dig. Water bursts down the mountain to the freshly dug terraces. climb the last ridge to where Li Hua has prepared the chosen spring. They Late in the afternoon when the sculpting is finished, the two migus the difficult soil mix with the sound of laughter and women telling stories.

thanking the gods. that will travel to even the most distant rice paddies. Grand Dragon is narrow frame towards the sky and blows into a buffalo horn. A melody

have to wear dark colours not to provoke jealousy or envy from others. ered with silver spots. The Hani consider their women too beautiful so they dangling at the front, the back is covered with a long embroidered net covembroidered vests, sleeves, trouser bottoms. The hat has colourful strings traditional dress which they wear every day. It is dark blue in colour with Right: In all Hani villages of Yuanyang County, women have retained their

2



names of his ancestors as far back as 50 generations." Dragon continues, "they must rely on oral tradition. Each of us knows the

common to see the migu soaking the buffalo's skin. Should it ever dry each one having learned the weaknesses and needs of the other. It's very Knowledge are inseparable. They share an amazing complicity together, than a Beilinger without his bicycle! In Bada, Grand Dragon and Immense But one phase encapsulates it all, a Hani without a buffalo is sadder

On the other hand, the buffalo has learned all the ways of Grand out, Immense Knowledge would lose his mind.

gated four times. Fortunately, not all at the same time. always on the run. Each rice field must be ploughed five times and irri-Dragon. Being in charge of all the fields lying within a 30 km radius, he is

into a mountainside grave so he can also carry the migu through to eternity. ing bundle back home, Immense Knowledge will follow Grand Dragon asleep on the back of his buffalo, Immense Knowledge carries the snor-By evening, when Grand Dragon's energy has been drained, he falls

#### Women, Water Keepers

Until then, the two have much to accomplish. It is February and it's



Dragon has learned from the gods it may be conquered. They always ridge to Yellow Mountain. Immense knowledge plods behind. Grand sculpting time. At the early breath of morning light, the migu climbs the

the ethnic minorities in Yunyang. all dressed up in their traditional costumes. The Miaos are the minority among mountian, a group of Miao girls from the neighbouring village come to visit – Left Lower: Early in spring, when the Hanis begin to cultivate a new occasion for all villages to get together, each displaying their village flags. Left Upper: The ceremony celebrating the cultivation of new land is also an

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#### Photography tips:

The best season in which to visit the terrace fields of Yuanyang is between February and March before the Hani people begin transplanting the rice. Watching the paddy fields glittering in the sun offers images of a beautiful landscape painting. The best time of day for photography and a stroll among the terrace fields is at dawn when mists linger in the valleys and clouds float around the hills.

It is advisable to hire a car with a driver familiar with the location to serve as your guide. Cars can drive up to the terraced fields. Among the

It is better to stay for 3-5 days to increase your chances of getting good weather.

Terraced fields appear exquisitely and deliberately distributed.

fields one has various angles to choose from.

The sharply-contoured lines of the terraces are suitable for photographic

To capture the magnificent, boundless and contoured lines of terraced

Aerial photography is best here because of topographical barriers.

Sources from Li Zhixiong
Translated by M.Q.

#### Routes:

Yuanyang County lies 326 kilometres away from Kunming, the capital of Yunnan Province.

Leave Kunming for Gejiu by train, change to bus to arrive at Yuanyang two-three hours later. Or take a long-distance over-night bus from Kunming, or hire a car for about 300-400 yuan. If you are visiting Xishuangbanna, take long-distance buses from Jinghong City via Simao and Lüchun.

#### Accommodation:

In Yuanyang, you can lodge at the county's hostel. The standard room rate is 60-70 yuan per day and a bed in a dormitory is only 10 yuan per day.

#### Spoot boo stisiv

Yuanyang County is a mountainous area surrounded by beautiful terraced fields. If you want to visit them, it is possible to make a round trip in a day. There are many restaurants in the county town and townships, serving Yunnan dishes with rice as the staple food. Local specialities like the rice noodles and pastries are also available.

Shengcun Township, 20 kilometres from Yuanyang, can be reached by car. Malizhai in this township has the most terraced fields in the county which extend for 10 kilometres. At Eagle Peck on the border of Shengcun and Shalatuo townships, terraced fields spread three-five kilometres along the highway, with many mushroom-style Hani houses dotted along the highway, with many mushroom-style Hani houses dotted

Regular buses operate between Yuanyang and nearby townships, taking one through the terraced fields.

#### Climate:

Temperatures average 10°C in spring. Summer is rainy but not hot in the mountainous area.

#### Tips for Shooting the Terraced Fields

Distance From County Town	Places in Yuanyang
22-24 km	Laohuzui in Panzhihua Township
14 KM	Bada Village, Shengcun Township
17 km	Hills at the back of Mali Village
40 minutes' trekking	Jinzhu Village, Tuanjie Township
2 Km	Tuguo Village, Xinjie Township
26-27 km	Fork in the road to Shengcun New Village

#### Climatic Conditions in Yuanyang County

2,11	4.41	0.81	19.3	4.42	25.8	23.9	18.4	8.41	12.7	7.51	13.3	Rainfall / Days
6.01	13.4	7.91	2.91	20.3	20.5	4.02	2.02	9.81	8.31	5.11	6.6	Average Temperature (°C)
Dec.	Nov.	Oct.	Sept.	.guA	մու	əunr	May	Apr.	Mar.	Feb.	Jan.	

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Characteristics

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your enquiries and orders. trade are provided according to services and flexible means of dren as well as textiles. Excellent parel for men, women and chil-The product range includes ap-

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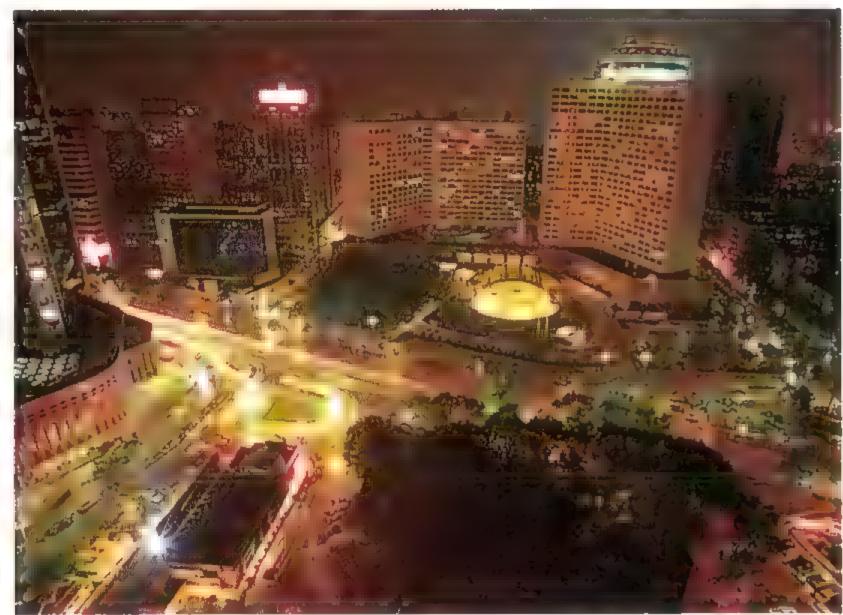
## Orient International Holding Shanghai Garments I/E Co., Ltd. 后小别自己出數裝鴉市部上一個,就沒不過一个

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Many cities in China have a history spanning back thousands of years; quite a few others are newly-erected examples of urban modernization; but, unlike Guangzhou, few cities manage to feature the sophisticated characteristics of both the old and the new.

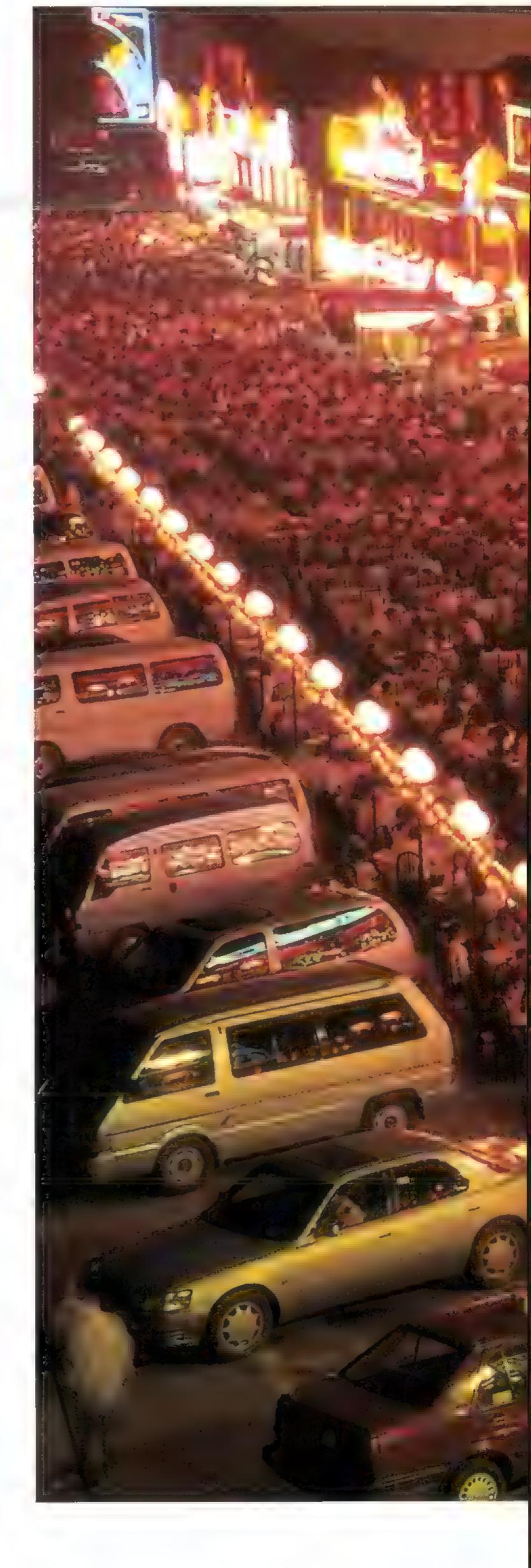




Guangzhou is not unfamiliar to Westerners — its other name, Canton, was in fact forced upon it by Western imperialists in the mid-19th Century. Lying in South China's coastal province of Guangdong, this big metropolis has other names known to the Chinese. Some call it Yangcheng (Goat City), others call it Sui (Rice Ear), both based on a legend which says that five celestial beings wearing robes of five colours came to Guangzhou riding five goats, each carrying a stem of rice. They presented the rice ears to the people as an auspicious sign from heaven that the area would be free from famine. It is also called Huacheng (Flower City), owing to its all-yearround flower blossom.

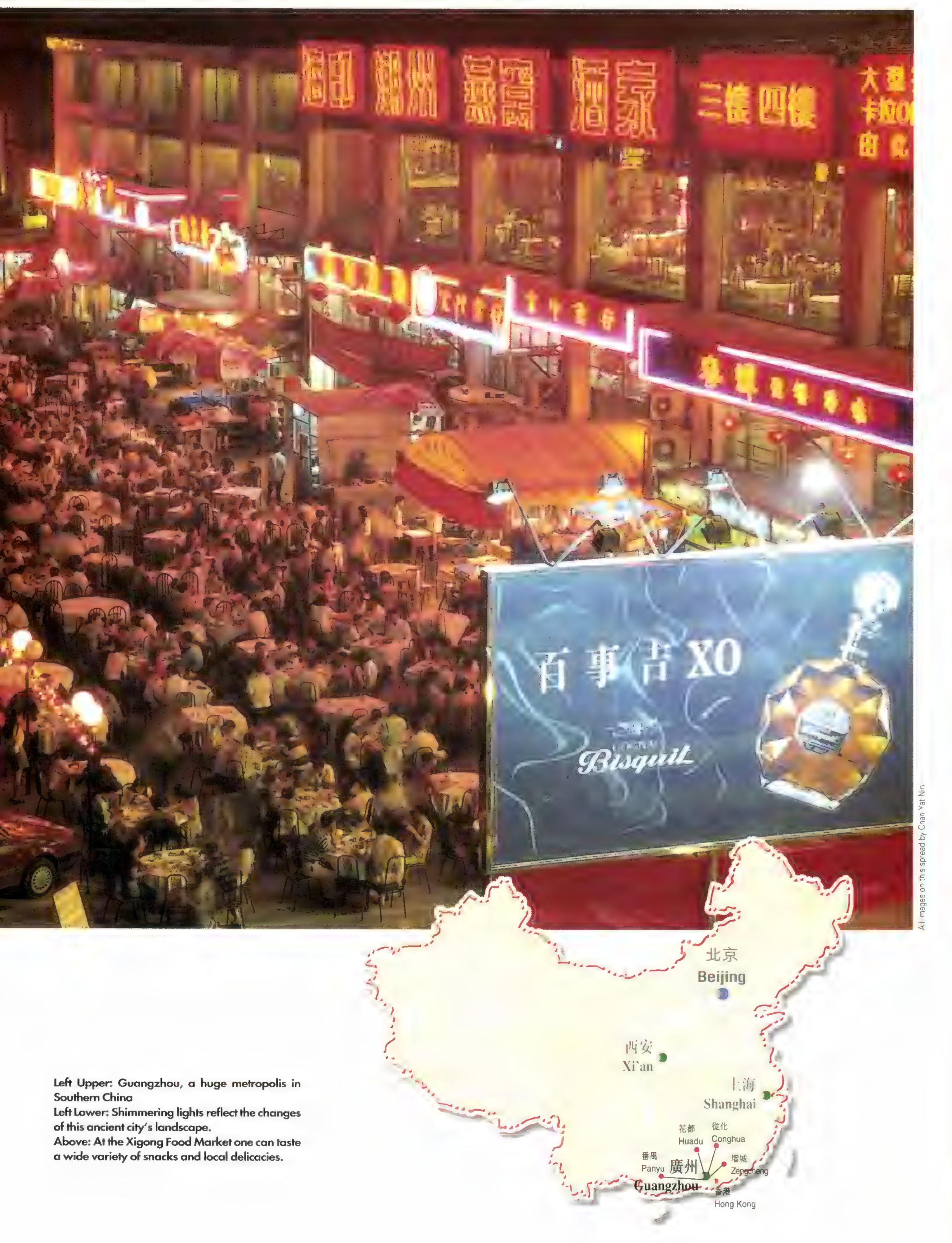
Guangzhou's charm lies in the

Pearl River. It brings the metropolis life, giving it its motivation and creating the unique rhythm of Southern China. Today, the melodies chanted on the river remain the same, but the reflections in the water have changed. Shrouded in sunshine or shimmering neon lights, there is a new landscape of skyscrapers, bridges and fly-overs.



# GUANGZHOU, THE SOUTHERN METROPOLIS

Article by Gloria Shang



# WINDOW OPEN TO THE WORLD



Guangzhou is the capital of China's southern coastal province Guangdong. The 7,400-square-kilometre area is made up of eight districts and four satellite cities, with a population totalling 6.02 million.

Walking through Guangzhou's streets, one can easily see the differences between this southern metropolis and those in the north like Beijing, Tianjin, or even Shanghai. Over the centuries the Nanling Mountains, lying to its north, geographically blocked this region off from the highly centralised feudal authorities of reigning dynasties seated in the north, leaving Guangzhou alien from the traditional Chinese culture which originated in the Central Plains. A good example of this is the Guangzhou dialect, or Cantonese, spoken by the natives of Guangdong, which is incomprehensible to Beijingers and Chinese from other regions.

Traditionally, the people of Guangzhou like to think independently and are more pragmatic. Comparing them with residents of Beijing, the Cantonese are perhaps less studious and more business-orientated, explaining why Guangzhou has taken the lead in absorbing foreign investment and catching up with world trends, including fashion, pop-music and tourism.

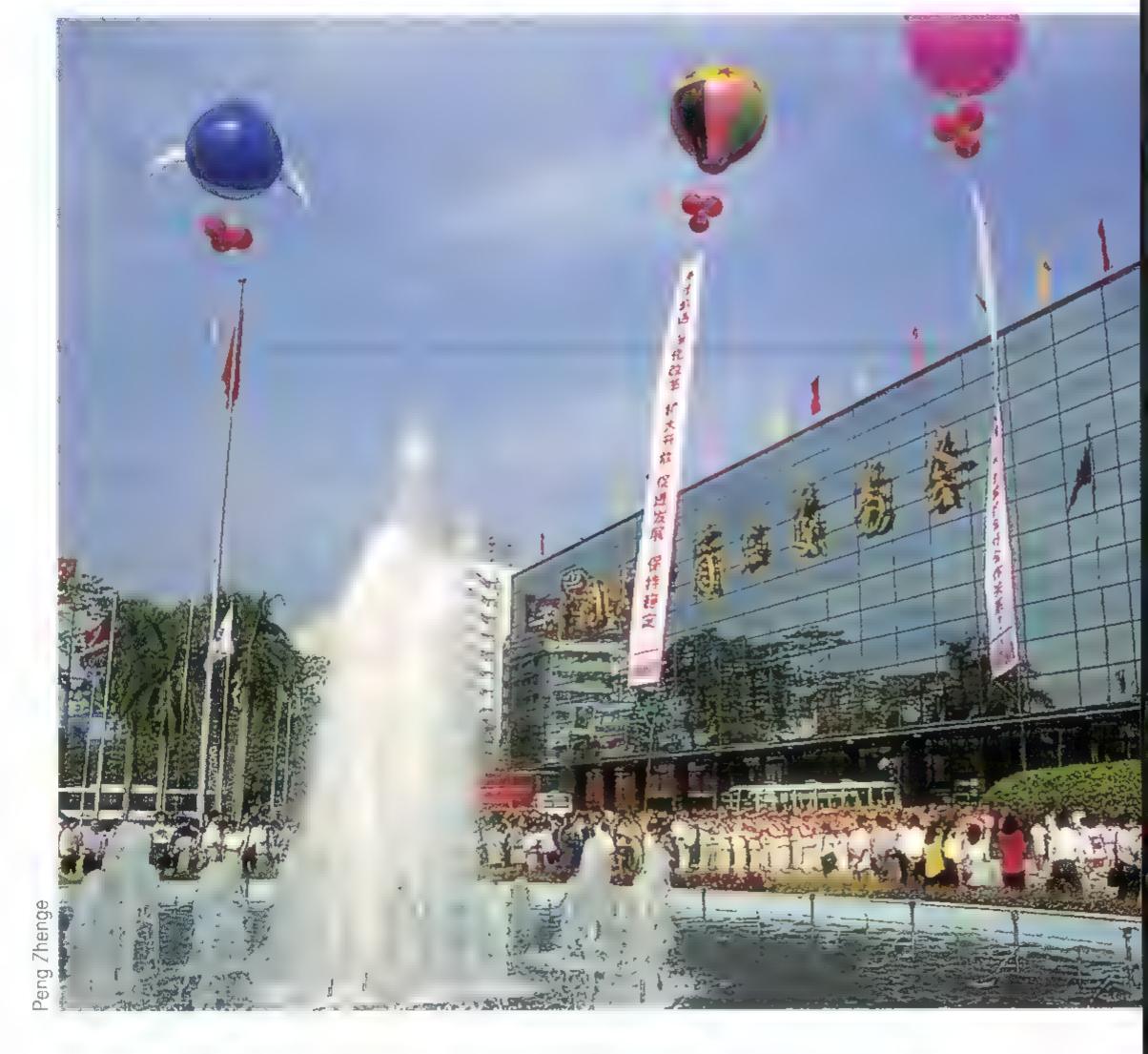
Known as the country's "open window to the south", Guangzhou has always had closer links with the outside world. It even managed to retain its import and export trade channels during the Cold War years when China was isolated. Because of its close proximity to Hong Kong, tens of thousands of overseas Chinese used Guangzhou to visit their motherland, bringing with them foreign currency, technology and expertise. Meanwhile, China's commodities were exported via Guangzhou to Hong Kong, Macau and other regions and countries, earning the badly needed foreign currency for the nation's economic development.

Guangzhou's door has opened even wider towards the south during the past 17 years, following the country's policies of opening up. Many overseas Chinese and foreign businesspeople have been keen to establish joint ventures or wholly owned companies in Guangzhou, attracted by its good location, moderate climate and preferential policies. Chinese from all parts of the country, too, have rushed to Guangzhou and adjoining cities to make their fortunes.

Guangzhou is mainly an industrial city relying on trade and light industries as its mainstay. The China Export Commodities Fair, which is held twice a year, has so far had 78 sessions in Guangzhou. Its textile and electronic products are widely sold across China as well as in many other countries. Guangzhou is also the most important transportation hub in Southern China. Its Huangpu Port is an interna-



tional port from where ships can sail to as many as 600 ports in more than 100 countries and regions. Its airlines connect it with large and



medium-sized cities in China with 71 flights to Beijing and 65 flights to Shanghai each week. In addition to the weekly 31 flights to Hong Kong, flights from Guangzhou to Bangkok and Singapore are also available. Furthermore, a comprehensive railway network makes freight shipping and travel in China easy.

Left: A stock market in Guangzhou

Right Upper: Guangzhou is an important transportation hub. Its streets are probably the busiest in China.

Right Lower: The Chinese Export Commodities Fair, held twice a year, has had 78 sessions in Guangzhou.

# THE SILK ROAD ON THE SEA

Guangzhou is one of the oldest cities in China. It is also one of the earliest gateways to the ancient country. Guangzhou's history stretches back more than 2,000 years, its first city walls being built in 214 B.C. The Kingdom of Southern Yue was founded in 204 B.C. in the area known today as Guangdong and Guangxi. Relics unearthed



in 1983 from the tomb belonging to the second ruler Zhao Mei show Guangzhou's history and cultural connections with the Central Plains some 2,600 years ago.

The urban development of ancient Guangzhou, then called Panyu, paralleled with the increase of China's trade and cultural exchanges with other nations. While Chinese silk was transported to

Rome through West Asia and the Mediterranean, another silk road was opened up on the sea as early as in the Tang Dynasty (618-907), with Guangzhou as the starting port.

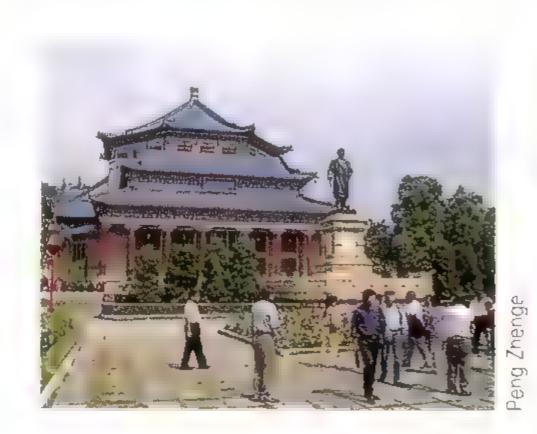
Fleets carrying silk left Guangzhou to sail past Hainan Island, Vietnam, the Strait of Malacca, Sri Lanka, Bombay, Suhar and through the Persian Gulf to Abadan, or from the Red Sea to Jiddah, then on to Damascus by land. The whole journey took about three months. It is said that during the years 763-778 over 4,000 foreign ships arrived in Guangzhou, bringing with them 120,000 Arab traders of whom some settled in the city to form Guangzhou's *Fanfang*, or foreign quarters.

Flourishing trading turned Guangzhou into an international cultural melting pot. Arabian merchants built the first mosque in China; Indian Buddhists also set foot in Guangzhou and, in 1863, the largest cathedral called Sacred Heart of Jesus, or Stone House, was built. Not surprisingly, in return, foreign residents in Guangzhou embraced the Chinese culture willingly. For example, they worshipped the Nanhai (South Sea) God and made it a rule to offer prayer for their safe journey before setting sail, just as the Chinese did.

In the 19th Century, Guangzhou was the frontier facing Western imperialism. When the Opium War began in 1842, it was the people of Guangzhou's Sanyuanli Village who first fought against the British gunboats.

Guangzhou also occupies an important position in contemporary Chinese history. It was here that Dr. Sun Yat-sen, father of China's democratic revolution, led uprisings against the Qing Court. In the 1920s, he established his provisional presidential office here and founded the Huangpu Military Academy together with the Communist Party of China to train officers who created the backbone of the

National Revolutionary Army and who launched the North Expedition in 1927. During that period, the Peasants' Movement Institution was also set up in Guangzhou to train cadres for China's first civil war, with Mao Zedong, China's



late Communist leader and founder of New China, as director and main lecturer.

Left: The Museum of the Southern Yue Kingdom

Right Upper: The Memorial Hall of Dr. Sun Yat-sen, father of China's democratic revolution

Right Lower: The Stone House (also called Sacred Heart of Jesus), built in 1863, is China's largest cathedral.



# TOURISM: FLOURISHING

As well as being an international port involved in foreign trade, Guangzhou has, historically, always been a tourist city. Besides an abundance of scenic spots and historical sites, its convenient transportation routes, mild weather and efficient service have helped to enhance the city's appeal to tourists from both home and abroad.

Tourism has shown dramatic growth over recent years. Its 189 hotels have the capacity to hold up to 100,000 visitors each day. In 1995 Guangzhou received 13 million tourists, 2.08 million of which were overseas visitors.

# Scenic Spots and Parks

Yuexiu Park, the biggest in Canton, has many historical sites, three man-made lakes and recreational facilities. The five-storey Zhenhai Tower built in early Ming Dynasty (1368-1644) has been turned into

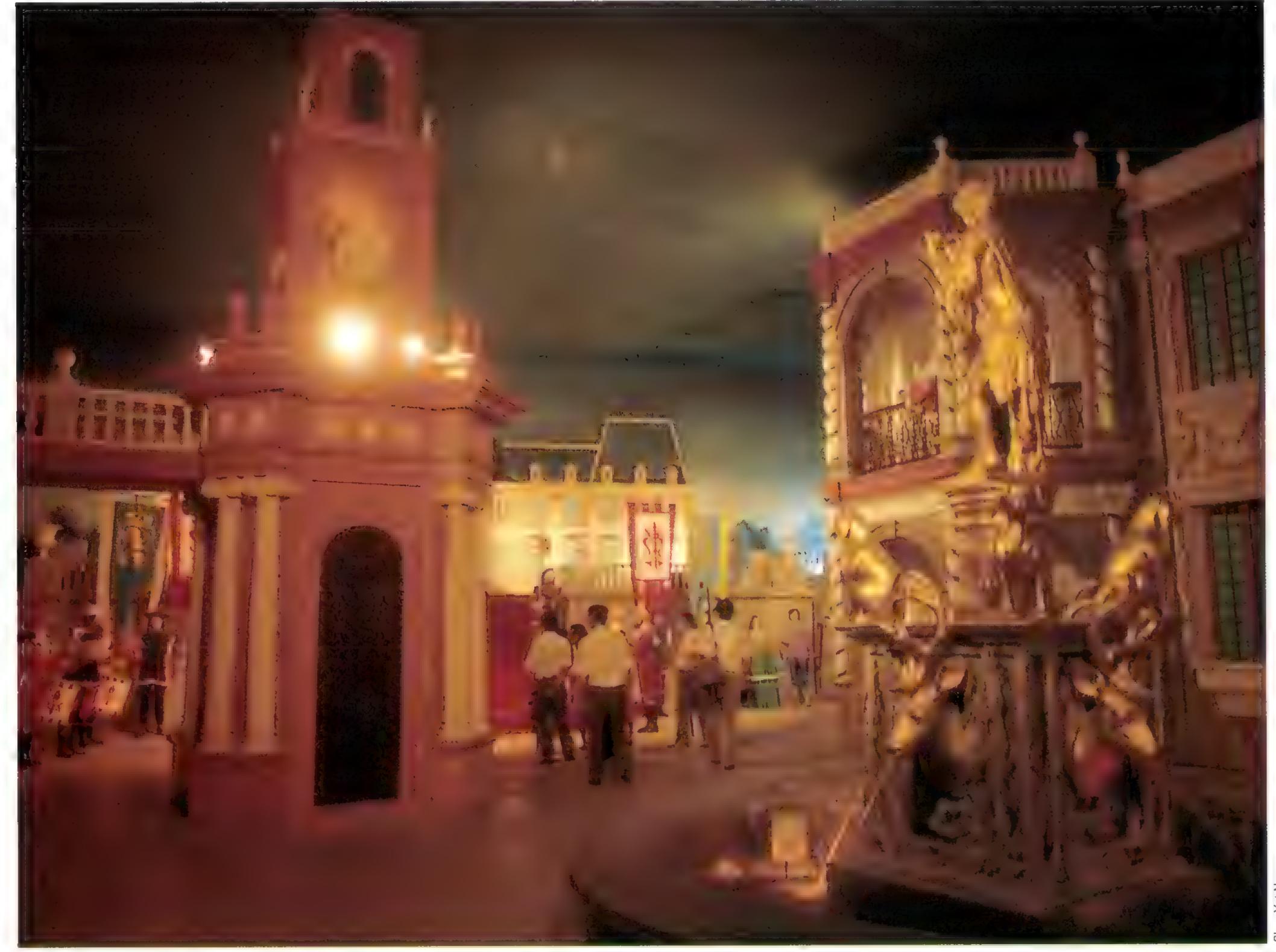
the city museum with exhibits describing the history of Canton from Neolithic times until the early part of this century.



Lanpu (Orchid Garden) was originally laid out in 1957. Situated at the foot of Yuexiu Hill, 50,000 square metres is devoted to growing over 300 varieties of orchid.

Daiyun Mountain, six kilometres from the city, boasts luxuriant forests and scenic sites including Birds' Paradise. Its 380-metre high Moxing Peak which can be reached by cable car offers a panorama of the city and the Pearl River.

South China Extanical Garden, also located in the northern suburbs, is laid out with more than 4,500 species of tropical and subtropical plants native to China and other countries.



Chan Yat N

Yuntai Grand Garden features Western-style architecture, lakes, a rock garden and guest houses. Flowers bloom all year round.

World Grand View, opened in October 1995, is an entertainment park displaying scenery, architecture and cultures of 98 countries. Besides a unique water-screen movie show, performances are staged imitating the songs and dances of world-famous theatres.

Flying Dragon Park is perhaps the world's largest snake garden where a million snakes are being reared. Besides scenes imitating

folk stories featuring the snake and the dragon, it is also equipped with modern recreation and service facilities.

### Museums

1840s.

Museum of the Sanyuanli People's Anti-British Struggle includes a monument commemorating the struggle against British invaders in the

Chen Clan Temple is now the Guangdong Folk Arts and Crafts Museum. This 19th-Century compound is a well-preserved example of late Qing architecture in Southern China. Built in 1890, nearly every door, window and roofbeam is intricately carved while terra-cotta sculptures and friezes grace the ridges and walls.

# Guangdong Provincial Museum/Lu Xun Memorial

Hall was once Guangdong's imperial examination hall and later Zhongshan University. In its Big Bell Tower, now housing the Lu Xun Memorial Hall, Kuomintang's first congress was held.

## Historical Sites

**Stone House**, or Sacred Heart of Jesus Church, is an imitation of a European Gothic Cathedral built entirely of granite. This is the largest Catholic church in China and is still a religious centre for the city's Roman Catholics.

Nanhai (South Sea) God Temple, built in 594, is the only Sea God temple in China.

Six Banyan Trees Temple, built in 537, serves as the headquarters of the Guangzhou Buddhist Association.

Huaisheng Mosque was built in 627 during the Tang Dynasty by the first Muslim missionary to China. Its name means "Remembering the Sage of Mohammed". Inside the mosque is a 36-metre-high castle-like Guangta Minaret.

The Five Immortals Temple is said to be the site where the five immortals descended from heaven. This Taoist temple was first con-

Structed in the Northern Song Dynasty (960-1127) but has been destroyed and rebuilt many times since.

Tomb of the Islamic Sage is situated in a secluded bamboo grove behind the Orchid Park. Legend says that 1,300 years ago the Muslim missionary, Abbey Wangus, was sent by the Prophet Mohammed to China. He was later buried in this tomb.

Mausoleum of the King of Southern Yue was built 2,600 years ago. It is an underground palace where over 1,000 funerary objects have been found.

Mausoleum of the 72 Martyrs at Huanghuagang is a mass tomb for the 72 martyrs of the unsuccessful Guangzhou Uprising launched in 1911 by Dr. Sun Yat-sen.

Memorial Hall of Dr. Sun Yat-sen stands at the foot of Yuexiu Hill and is linked by stone steps to the Memorial Monument of Sun.

Huangpu Military Academy is located on Huangpu's Changzhou Island. Many of China's statesmen and officers graduated from the academy in the 1920s.





Left Upper: The Pleasure Park for Children in Guangzhou
Left Lower: Dream World, a big tourist attraction in Zengcheng
Right Upper: A performance staged in the World Grand View
Right Lower: The performances at the Cultural Park take one back to ancient
Guangzhou.

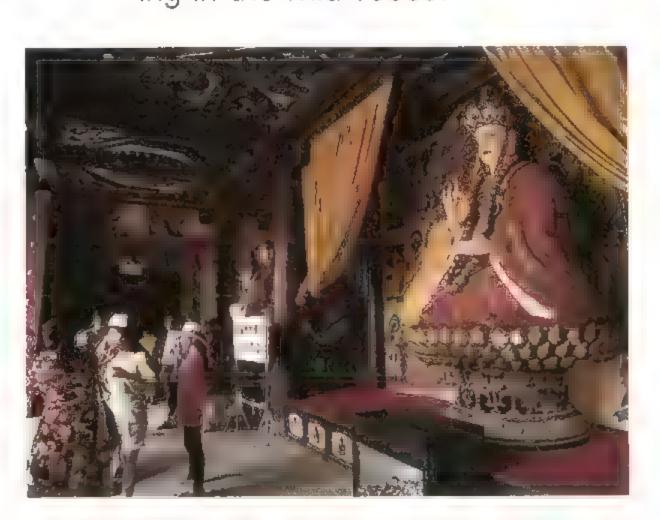
# THE FOUR SATELLITE CITIES

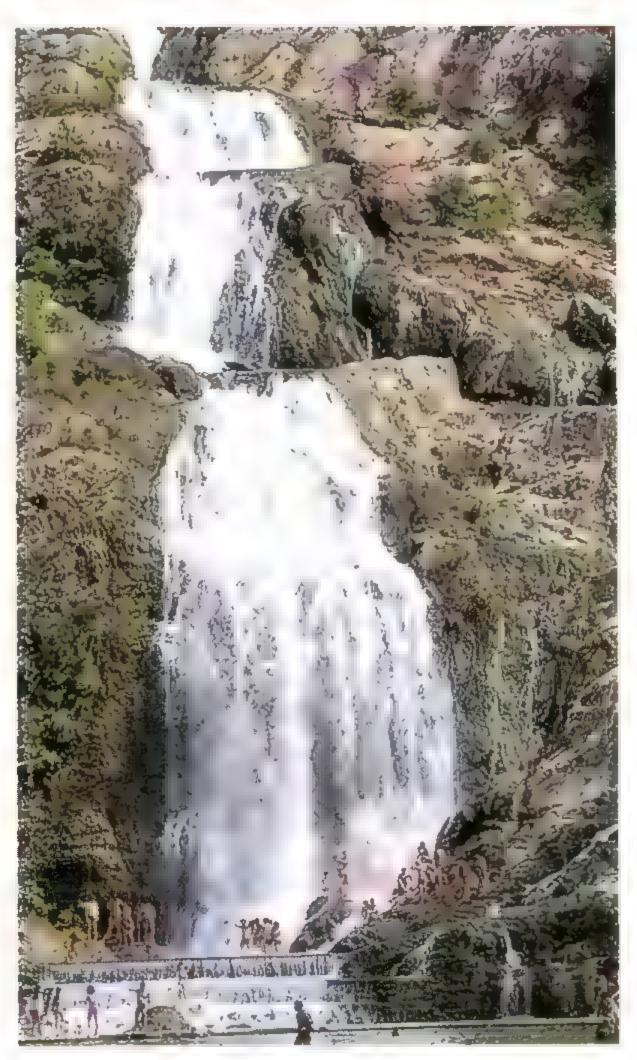
If possible, set aside a couple of days of your Guangzhou itinerary to visit its four satellite cities: Huadu, Conghua, Zengcheng and Panyu. It will add much local flavour to your trip and your efforts will be rewarded by beautiful scenic spots and an insight into their colourful, historical background.

# Huadu, the Flower Capital

A big attraction in Huadu is the 90-metre Furongzhang Water-falls. A 6,000-hectare Furong Holiday Resort has been built around the waterfalls, encompassing hills and forests. Furongzhang lies 16 kilometres north of Huadu and can be reached by bus or car from either Huadu or Guangzhou.

There is also the Hong Xiuquan Memorial Museum built in honour of the man who instigated the Taiping (Heavenly) Kingdom Uprising in the mid-1800s.





# Conghua, the Hot Spring City

The spring waters at Conghua are as warm as 70°C and contain mineral elements said to offer a good cure-all and prevent many diseases.

Two kilometres away is a reservoir called Tianhu, or Heavenly Lake, whose waters form a three-tiered waterfall named 300-Metre Flying Waterfalls.

On your way to Conghua, stop at Taiping to see the pagoda which marks the Tropic of Cancer. Located exactly on the northern latitude, at noon on the day of the Summer Solstice (the longest day of the year, usually in late June), the sun shines vertically through the hole at the top of the pagoda to the centre of the ground below.

Almost all of Conghua's tourist sites are along the Liuxi River. If your tour continues upstream from the hot springs, you will come to the Liuxi National Forest Park. Covering an area of 8,830 hectares, it is one of China's 10 largest state forest parks. Recreational facilities are provided for boating, swimming, fishing, camping or picnicking. You can also stay in one of the villages in the forests to enjoy the pleasures of out-door life.

# Zengcheng, Home of the Lychee

Zengcheng lies 71 kilometres east of Guangzhou and is also called Home of the Lychee because of its abundant production of this fruit.



It is said that Fairy He, one of the legendary Eight Immortals, was a native of Zengcheng. Near the temple built by the locals to worship Fairy He is a 100-metre and 1,000-year-old vine, which is said to have been transformed from a coloured ribbon belonging to the fairy.

Every year during the lychee harvesting season, visitors throng to Zengcheng to taste this delicious fruit and help celebrate the Lychee Festival organized annually between July and August. The best lychee variety is said to be Zengcheng Gualü, a local speciality.

# The Old Town of Panyu

After half an hour's drive from Guangzhou you arrive at Panyu, the oldest town in Guangdong Province. One of its most impressive features is its classical building representing the typical architectural style of the Pearl River Delta. Yuyin Mountain Villa, the architectural work of Tongzhi (r. 1862-1874), during the Qing Dynasty, is composed of pavilions, terraces, towers, waterside buildings and corridors.

Another tourist spot is the interesting and exotic Lianhua (Lotus Flower) Mountain which is in fact an old quarry site which may not sound interesting, but, since quarrying ceased here several hundred years ago, the ensuing weathering on the rocks has eroded them into an almost natural state. Dense vegetation and the building of pavilions and pagodas have transformed it into a sort of gigantic rock garden. On the mountain is the Lotus Flower Pagoda built in the Ming Dynasty (1368-1644) and the Lotus Flower Fort of the Qing Dynasty (1644-1911).

Left Upper: Visitors touring through the West Journey Palace feel as if they were among the followers of the Tang Monk traveling to India in search of the true Buddhist scriptures.

Left Lower: The Furongzhang Waterfalls in Huadu Right: The Lotus Flower Mountain in Panyu

# TASTING THE TRUE YUE FOOD



If you enjoy Chinese cuisine and are a regular restaurant-goer, Guangzhou offers a wealth of opportunities to taste the true style of *Yue* (Guangdong) cooking. Many Chinese restaurants over-

seas like to claim they serve this style but there is no comparison.

One of the four major cooking schools in China, Guangdong cuisine emphasises the freshness, tenderness, smoothness and crispiness of its food. Dishes are cooked in as many as 36 ways which include steaming, deep frying, marinating, stewing and stir fry. Guangzhou cooking is especially famous for its seafood, and restaurants usually display live fish, crabs, prawns, lobsters and conches in glass tanks so that customers can choose their own seafood. Guangzhou boasts approximately 157,000 restaurants. One of its loveliest, as well as its largest is Banxi Restaurant located by the Liwan Lake. With 400 employees on its payroll, the restaurant has won itself the name of Food Palace because of its large menu, spectacular dishes and beautiful gardens. Up to 1,000 people can be seated in its many pavilions overlooking lakes and surrounded by flowers and meandering corridors.

Dim sum is another Guangzhou speciality. Varied in size, taste and filling, dim sum is prepared with carefully selected ingredients.

Favourites include shrimp dumplings, barbecued pork-bread, glutinous rice chicken, and many others, some sweet, others salty. They are all so elegantly and beautifully presented in the shapes of flowers and animals that you may easily mistake them as *objets d'art* rather than something to eat.

The Cantonese have a reputation for being gourmets. So the food market is somewhere not to be missed. Roaming through the food stalls at night is a feast for both the eyes and stomach. You can pick up anything from wonton, noodles or Canton-style porridge to boiled or barbecued shrimps.... Lured by the irresistible aroma, you may decide to stay a while and sit at one of the open-air restaurants to enjoy a seafood hot pot. Xigong Food Street under the Haiyin Bridge is a good place where you can taste all kinds of Guangzhou delicacies while enjoying the night scene of the Pearl River.

For tourists addicted to their native dishes, French, Italian, Japanese, Korean and Southeast Asian cuisines are also available in many hotels and restaurants. And, the ubiquitous McDonald's and Kentucky Fried Chicken can be found in many places.

Left: Visiting the Food Market is an entertainment in itself.
Right: Guangzhou dishes are a feast for both one's eyes and stomach.

# FOR YOUR REFERENCE

# **Entering Guangzhou**

Guangzhou is a transport bottleneck, you can enter by bus, train, plane or boat from numerous places in China. The most convenient route is to enter Guangzhou via Hong Kong, which is only 110 kilometres to its south. Each day there are five flights and four express trains between Hong Kong and Guangzhou. Ships sail between Guangzhou and Hong Kong's different harbours every other day, if not daily. From elsewhere in China, Guangzhou can be reached by air from Beijing, Shanghai, Xi'an and other cities, where flights are available daily.

# City Transportation

Tourists can choose from a variety of transport: public bus, trolley bus, mini-bus, long-distance bus or taxi. Public buses and trolley buses to tourist sites are the cheapest but are usually crowded. Taxis are the most efficient but may be expensive for long-distance tours

(rates range between 2-2.80 yuan per kilometre). In between these two extremes are mini-buses and special route buses.

### Weather

Guangzhou enjoys a subtropical climate with a moderately hot summer and a warm winter. It has sufficient rainfall and is delightfully green all year round.

The best time to visit Guangzhou is between September and January.

# Festivals and Special Occasions

- Spring Festival (Chinese Lunar New Year), usually falling between January and February, with the Flower Fair held yearly during the festival;
- Night Carnival on the 15th day of January in the lunar calendar;
- Dragon Boat Race on the 5th day of lunar May;
- Lychee Festival held yearly in Zengcheng and Conghua during the Lychee harvest season in July and August;
  - Mountain Climbing Festival on the 9th day of lunar September.

# Organized Tours:

Guangzhou One-Day Tour A: Morning visit to Mount Baiyun scenic area, lunch at White Cloud Villa, Dong Fang Amusement Park in the afternoon.

Guangzhou One-Day Tour B: Morning city tour of Yuexiu Park and Memorial Hall of Dr. Sun Yat-sen, lunch at Da San Yuan Restaurant, visiting Huangpu Military Academy in the afternoon.

Guangzhou-Conghua, One-Day Tour: First a visit to the Chen Clan Temple, then to Conghua hot spring area and Heavenly Lake, visiting the Tropic of Cancer Pagoda in the afternoon.

Guangzhou-Huadu One-Day Tour: Morning visit to the Six Banyan Trees Temple and the Sanyuan Palace going to the Furongzhang Scenic Area and the Hong Xiuquan Memorial Museum in the afternoon.

Guanzhou Two-Day Tour: Day 1, visiting Mount Baiyun Scenic Area, including Yuntai Garden, Summit Park and Tablet Forest, lunch at White Cloud Villa, visiting the Dong Fang Amusement Park in the afternoon, staying overnight in a three-star hotel; Day 2, visit to the Huangpu Military Academy including lunch, the tour ending in the afternoon.

Guangzhou-Conghua Two-Day Tour: Day 1, morning and lunch as

above, travelling to Conghua in the afternoon, visiting the Forest Park, staying overnight at the Hot Spring Hotel; *Day 2,* visit to the Liuxi River Reservoir and its power station, ending the tour in the afternoon.

Guangzhou-Panyu Two-Day Tour: Day 1, city tour, visiting Memorial Hall of Dr. Sun Yat-sen, Six Banyan Trees Temple, the Chen Clan Temple and Yuexiu Park, dim sum lunch at Banxi Restaurant, dinner at Taotao House; Day 2, to Panyu after breakfast, visiting the Flying Dragon World Centre, lunch at Flying Dragon Restaurant, going to Lotus Flower Mountain in the afternoon.

Guangzhou-Zengcheng Two-Day Tour: Day 1, city tour in the morning and lunch as above, going to Zengcheng in the afternoon, staying at the Overseas Chinese Hotel with dog racing for an evening's entertainment; Day 2, visit to the Palace of Western Journey and other spots, ending the tour after lunch.

Guangzhou-Huadu Two-Day Tour: Day 1, going to Furongzhong Scenic Area in the morning, visiting Hong Xiuquan Memorial Museum, returning to Guangzhou in the afternoon and staying overnight at the Baiyun Hotel; Day 2, visiting Dong Fang Amusement Park in the morning, lunch at Shahe Hotel, ending the tour with a visit to the 72 Martyrs Mausoleum at Huanghuagang in the afternoon.

# Major Travel Services

	Address	Postcode	Telephone	Fax	Contact
China Travel Service (Guangdong Province)	10 Qiaoguang Road, Guangzhou	510115	3336888	3332247	_
Guangzhou Tourist Corporation	155-4, 3/F, Huanshi Road West, Guangznou	510010	6668182 / 6661515	6677563	Ye Jianquan
Guangzhou Dongfang International Tourism Company	R 2266, Dongfang Hotel, Guangznou	510016	6673018 / 6661646	6688921	Guan Huifeng, Fang Xiyuan
Guangzhou Tianma Travel Service	G/F A qun Hotel, 113 Yan, ang Road, Guangzhou	510120	8864426 / 8881892	8864117	Chen Dongliang
Yang Cheng Tourism Company	56 Renmin Road South, Guangzhou	510130	8882536	8861862	Lu Yueyou

# Hotels

The following are open to overseas tourists and are recommended for their service, facilities and convenient location.

	Address	Postcode	Telephone	Fax	General Manager
Dong Fang Hotel	120 Liuhua Road, Guangzhou	510016	(86-20) 8666-9900	8666-2775	Chen Ru Feng
Furama Hotel	316 Changdi Road, Guangzhou	510120	(86-20) 1886-3288	1886-3388	Ngiam Tong Fatt
Hotel Landmark Canton	8 Qlaoguang Road, Haizhu Square, Guangzhou	510115	(86-20) 8335-5988	8333-6197	David Ng
Guangdong Guest House	603 Jiefang Road North, Guangzhou	510030	(86-20) 8333-2950	8333-2911	-
Overseas Chinese Hotel (Guangzhou)	90 Znangian Road, Guangzhou	510010	(86-20) 8666-3488	8666-3230	-
Plaza Canton	348 Jiangnan Road, Guangzhou	510245	(86-20) 8441-8888	8442-9645	-
Guangdong Hotel	309 Dongfeng Road Central, Guangzhou	510045	(86-20) 8333-9933	8333-9723	_
Leizhou Hotel	88 Zhanqian Road, Guangzhou	510160	(86-20) 8668-1688	8667-0075	Wu Dong

# THE GUANGZHOU-SHENZHEN HIGHWAY

Today, more and more people from Hong Kong travel to Guangzhou, some simply for the choice of flights from Baiyun International Airport to other destinations in China, others are businessmen who have set up factories in Huizhou or Panyu near Guangzhou. Therefore, direct and efficient transport is important.

Presently, one can choose road, rail, sea or air. The most common transport is by through train from Kowloon Station, or by ship to the Zhoutouzui Passenger Port of the Pearl River South, and then by bus to the city centre. The fastest, of course, is by air, taking only half an hour. However, more and more people from Hong Kong are choosing to take a bus, travelling directly along the Guangzhou-Shenzhen Highway.

# Highway Opened

The 122.8-kilometre six-lane highway became fully operational in September, 1994. It crosses 14 bridges and the maximum



speed is 120 km/h. The highway connects the Guangzhou Beihuan Highway via Zengcheng, Dongguan, Bao'an and then the Huanggang Border Station in Shenzhen.

Guangzhou-Shenzhen-Zhuhai Highway combines the sections of Guangzhou-Shenzhen, Guangzhou-Huancheng and Guangzhou-



Zhuhai Eastern Route (via Panyu, Zhongshan), Guangzhou-Zhuhai Western Route (via Foshan, Heshan) highways.

# Fast, Cheap and Comfortable

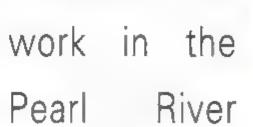
There are many places in Hong Kong from where one can board the coach, for example: Chai Wan and Sai Ying Pun on Hong Kong Island; Lam Tin and San Po Kong in Kowloon and Sheung Shui and Tuen Mun in the New Territories. Conversely, in Guangzhou, one can board the bus at the White Swan, Garden and China hotels.

Though the journey takes around three hours, about the same time as that by train, the small number of passengers taken by each coach, usually 40-50, makes border clearance time much shorter. But as all passengers have to disembark to pass through customs, one must remember to make a note of the company's name and the number of the bus displayed on the front and rear windows. Starting from Hong Kong coach fares range from HK\$165-180, while train or ship will cost more than HK\$200. Buy tickets one week in advance if travelling at the weekend or on Bank Holidays and one month in advance for longer holidays.

# **Bright Future**

Mr. Feng Weixiang, of China Travel Service (Hong Kong) Ltd., one of the earliest com-

panies to offer the bus service, believes that the completion of the highway net-





Delta, the Shenzhen-Shantou Highway and the Western Guangdong Highway will make services more efficient. The demand for buses will increase rapidly.

Mr. Wong Tak Kwong, of Guangdong Tours Transportation Ltd., commented that the bus business has great potential. Every day, 60 buses operated by various companies depart from Hong Kong to Guangzhou. The number of passengers is equal to four trains. The close relations between Guangdong and Hong

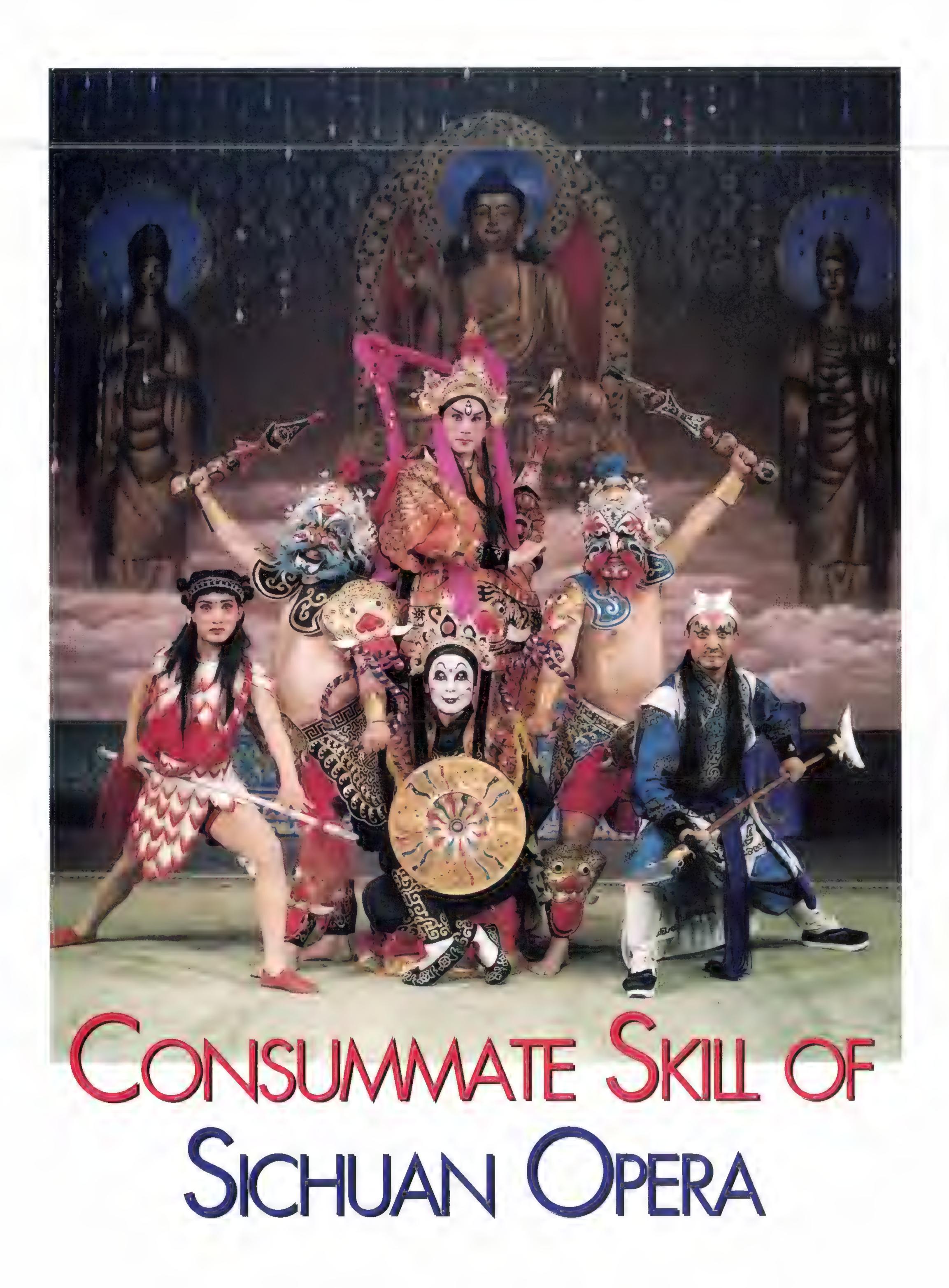
Kong and the world trend of increasing highway transportation are both in favour of his company's business, so he believes the bus will soon become the main means of passenger transportation between Hong Kong and Guangzhou.

Mr. Wong concluded that the major problem many companies face is the quota stipulated by the Chinese and Hong Kong immigration departments. Most of the time, they have the buses and the

customers but no quota. If, one day, the problem could be solved, the company would enjoy brisk business.

Left: The Huanggang **Border Station** Right: The Guangzhou-**Shenzhen Highway** 





# EXPLORING THE STONE FORESTS IN LUINAIN

Another "forest of stones" has been discovered in Lunan County, Yunnan Province in southwest China. Called Naigu, a massive collection of dark-coloured limestone pillars occupies an area of some eight square kilometres. Standing on desolate hills, they have been spilt by rain water and eroded into their present fanciful forms. Some are so dense that they look like ancient fortresses while other solitary peaks resemble gigantic cactus plants. Looking uphill, one finds the dark peaks have blocked out the blue sky to such an extent that patches of sky appear as mere chips of blue glass.

The Naigu Stone Forest in Lunan has retained its primitive wilderness and its mystery is created by deep paths, Photos and Article by Bao Xiu

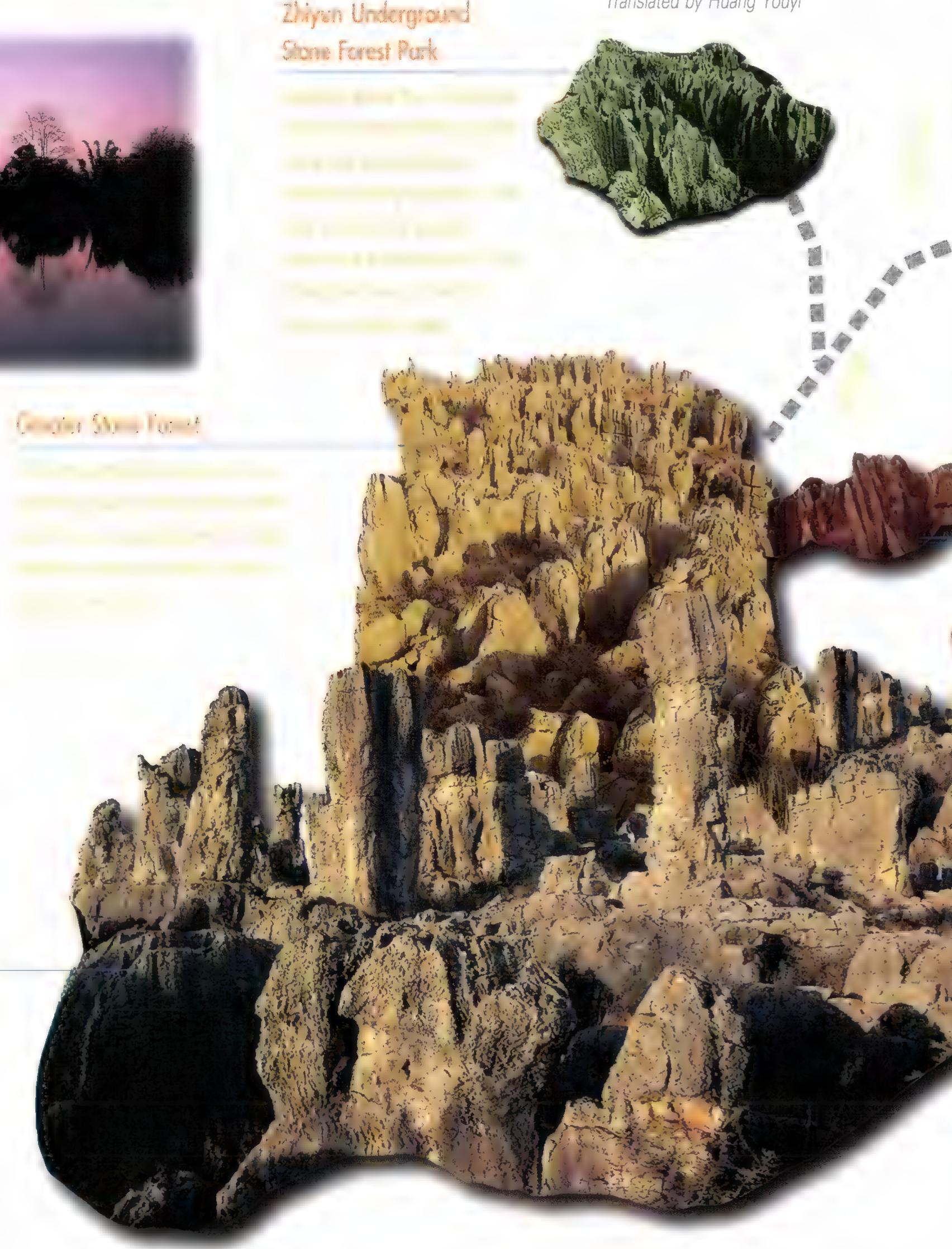
blue lakes and twisting carst caves.



**Lotus Pond** 



The Sani people of the Yi ethnic group singing a folk song



Translated by Huang Youyi





Wang Daozheng, "face-change" master, with a few of the "faces" he has used on stage

the opera performance, also maintains a strong artistic appeal in itself.

The masks used in the "face-change" are carefully selected and are designed specifically to suit the needs of different characters. The design, pattern and colour must be harmonious and beautiful, so high techniques and materials are demanded.

When an actor performs "face-change" on stage, he must be quick and lithe, leaving no weak spots. Actors who want to master the illusion must start with a training in basic skills. The technique requires hours of devoted practise and a true commitment to the art.

Since its early appearances on stage, "face-change" has undergone a long period of development and improvement. The elder Sichuan Opera actor, Kang Zhilin first used the trick of "face-change" in the 1930s in a traditional opera *Gui Zheng Lou*. With the changing faces, he showed how the righteous bandit Bei Rong escapes from a siege while robbing the rich to aid the poor. In the 1950s Sun Decai from the Sichuan Opera School further developed and improved the technique of mask making and performing.

"Face-change is not for the sake of changing face," Wang Daozheng continued. "It is used to enhance the artistic power of a performance, to raise the level of art and give the audience much

food for thought." At present the skill has developed to such an extent that a character can have as many as 10 faces. According to Wang Daozheng, any actor could possibly develop the skill to a level high enough to add more faces to a role, even up to 20, if he wanted. However, Wang said, should it develop unchecked like that, the audience would soon become bored with it and the "face-change" would lose its artistic appeal. So the stunt of "face change" in Sichuan Opera is held in reverence.

Text & photos by Li Tianshe
Photos provided by Wang Daozheng

# Basic Masks Used for the Character of Fa Hai in *The White*Snake

Green face – showing fierceness and cruelty
Red face – being furious in front of the enemy
Yellow face – being confident about catching *The White*Snake

Blue face – being angered and showing ferocity

Brown face - being ecstatic at the thought of having caught the White Snake

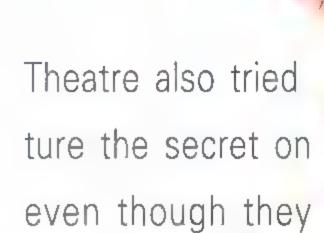
Smiling face – revealing original features from being wild with joy

Dark face – utterly dismal at not being able to catch the White Snake

Golden face - looking extremely murderous







their utmost to capfilm but failed too, went backstage to ob-

serve the feat many times. A Japanese institute used six close-up cameras to make an on-the-spot recording on three separate occasions. They succeeded in determining the speed – each change took only a fraction of a second, but nevertheless failed to find out the secret.

In April 1996, I went to visit the legendary performer Wang Daozheng who had just returned from a tour in Singapore. During our two-hour interview, he told me that the face-change of the Sichuan Opera is a unique performing art which was created and improved by generations of the Sichuan Opera artists through years of practice on stage. It is a highly skilled "illusion".

Through perfect coordination of the hands, body and feet, the actor changes into different "faces" in the twinkling of an eye. Each one illustrates the character's different expressions, states of mind and feelings while displaying its aesthetic value in terms of movement and shape. But the face changes are confined within the definitive scope of atmosphere and the relationship between different characters as designated in the libretto; it never runs beyond them. That is why "the face-change", while adding great artistic charm to

Fast mask changing, also called "face-changing", is a trick, or slight of hand, often seen in Sichuan Opera. During the performance an actor wears different masks according to the development of the story to show the character's sudden changes of mood or thoughts. Wang Daozheng, a famous actor in the Sichuan Opera Theatre, has shown his consummate skill in over 1,000 performances during the last decade. His performing art has been widely acclaimed by audiences both at home in China and abroad.

In 1985 the Sichuan Opera Theatre achieved great success when it toured four countries in Western Europe performing *The White Snake*. It caused quite a sensation. The Italian newspaper *Courier* commented in an article: "The ever-changing faces have over-whelmed the Europeans. Chinese illusionary art is outstanding in the world today."

Following the Sichuan Opera Theatre's performance of *The White Snake* in Japan in 1987, a review in the Japanese newspaper *Evening Fukouka* said: "Towards the end of *The White Snake*, a character in the enemy rank changes faces five successive times, and the changes take place in an instant. It vividly illustrates the mental changes of the character and the development of the dramatic plot. The actor's wonderful performance creates a whole visual image for the audience." For two successive evenings this reporter sat in the first row of the theatre, trying to discover exactly how the slight of hand was conducted, but he failed.

It was said that a film crew from NHK and the National Opera

Left: "Flooding the Jinshan Hill", a scene from *The White Snake*Upper: Wang Daozheng at home talking about a piece of stage property he uses in his performance.



Naigu Stone Forest



White Cloud Lake





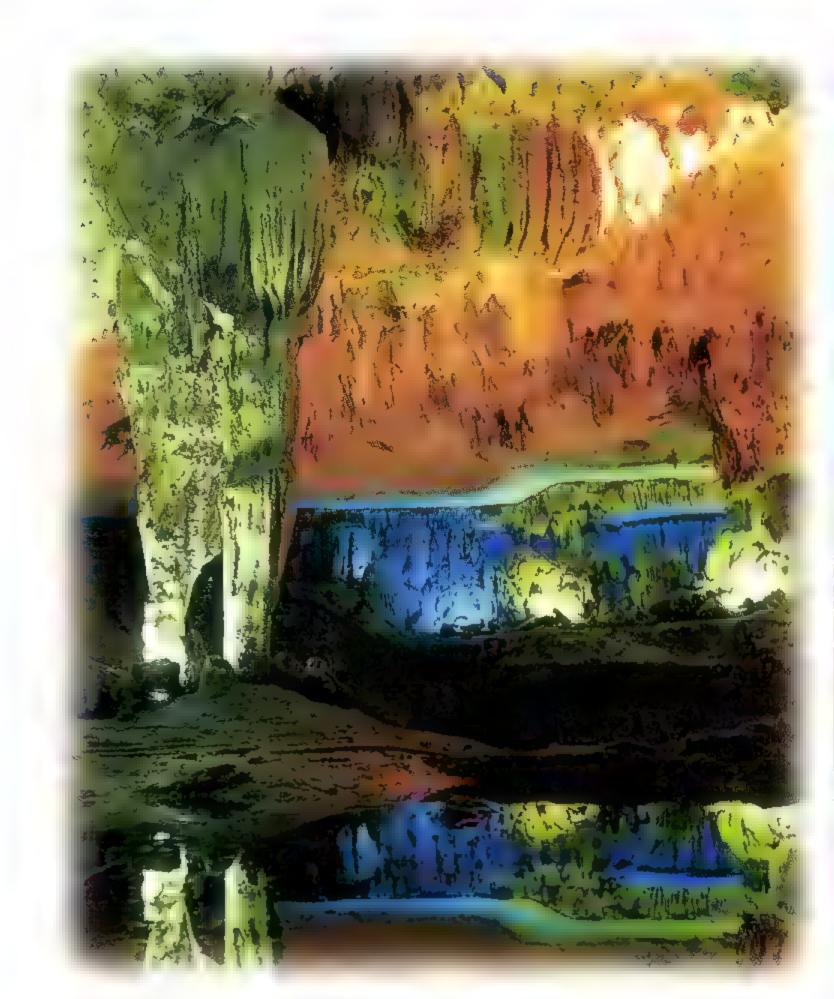
The Torch Festival (by Yang Xinmin)

Lesser Stone Forest



Torch Festival

Ancient Battlefield



White Cloud Cave, Naigu (by Yang Xinmin)

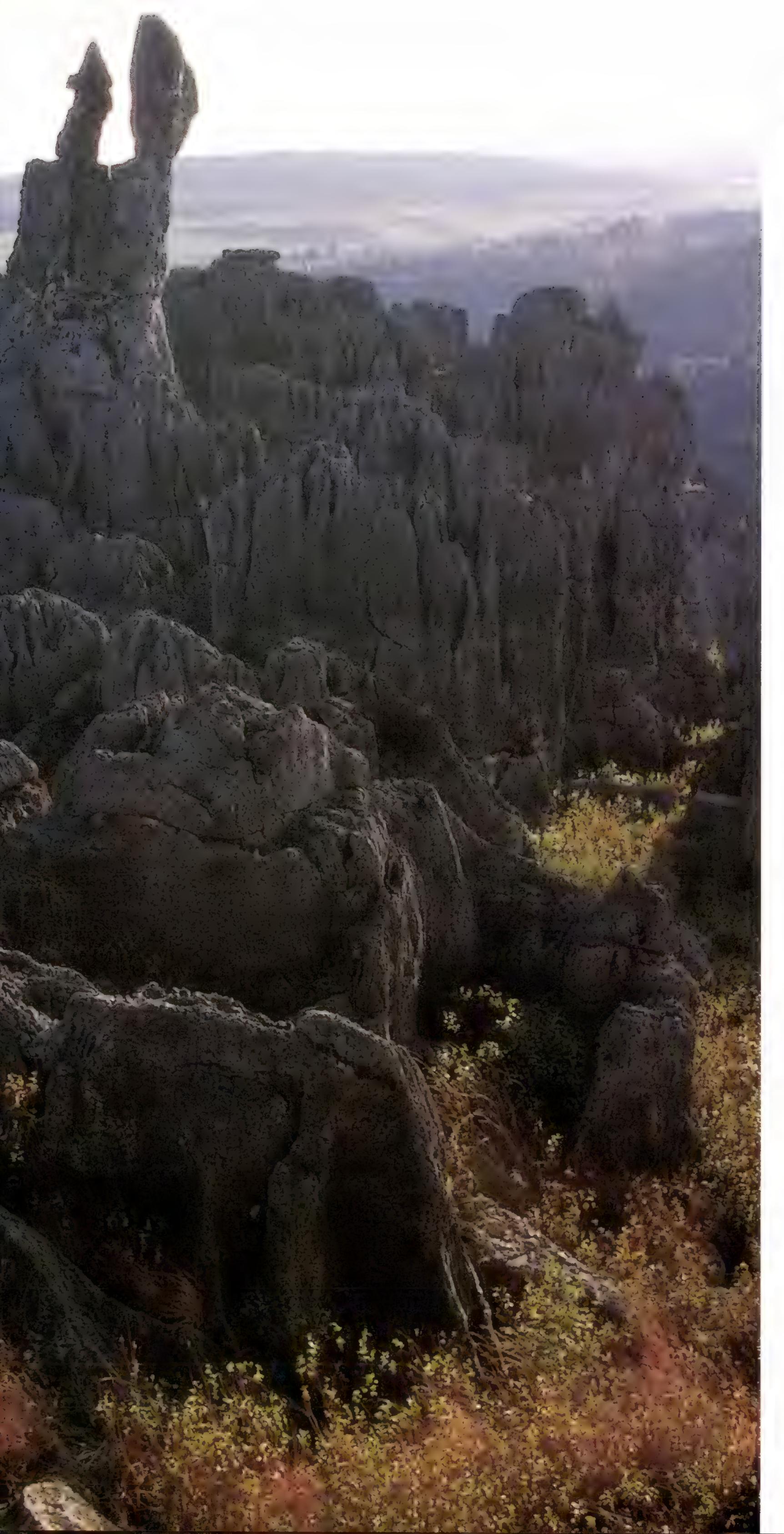
Outer Stone Forest (by Xu Jinyan)





A restaurant preparing dishes of local flavour





# THE NAIGU STONE FOREST: WILD AND MYSTERIOUS

edged my way forward into, what appeared from a distance like a dense cluster of peaks. Inside, there were a great number of caves with seemingly interconnected tunnels. Hardly 100 metres into the forest, I became separated from my companions. shouted out to them and heard their answer close by but could not see any sign of them. I looked up to find the blue sky was cut into pieces by the grotesque looking peaks. I was gripped by fear, what if I couldn't get out? But I knew I could not stop, that my only hope of getting out was to keep moving. All of a sudden, a bright opening appeared in front of me and I saw daylight once more. I found myself standing at the edge of a spacious valley where a vista of scattered stone peaks looked like solitary stone stupas or giant cactus plants and, with some imagination, strange beasts and others whose shapes could only be described as strange. The whole scene represented an imposing and mysterious panorama.

Walking along a man-made path to the top of the hill, I was overwhelmed by the "sea of dark stones" where countless dark peaks, either pointed or flat-topped, stood in each other's way. To the northwest, a hill crowned with solitary peaks looked like man-made fortresses. Some of them even resembled galloping horses, making me feel as if the whole mountain was moving forward.

The Naigu Stone Forest is definitely unique. Although I have only been there once, I have experienced the impact of its ancient, desolate, primitive and mysterious atmosphere.

Viewing Naigu Stone Forest from the top of the Ancient Battlefield Peak gives one the feeling of stepping back in time to primitive days.

# GUIDE TO THE NAIGU STONE FOREST

The Naigu Stone Forest lies
10 kilometres away from the better known Greater Stone Forest in
Kunming and a new road leads directly into the scenic site.

# Naigu: Ancient and Black

Records about the Naigu Stone Forest can be traced back to the period between late Ming (1368-1644) and early Qing (1644-1911) dynasties. It was known

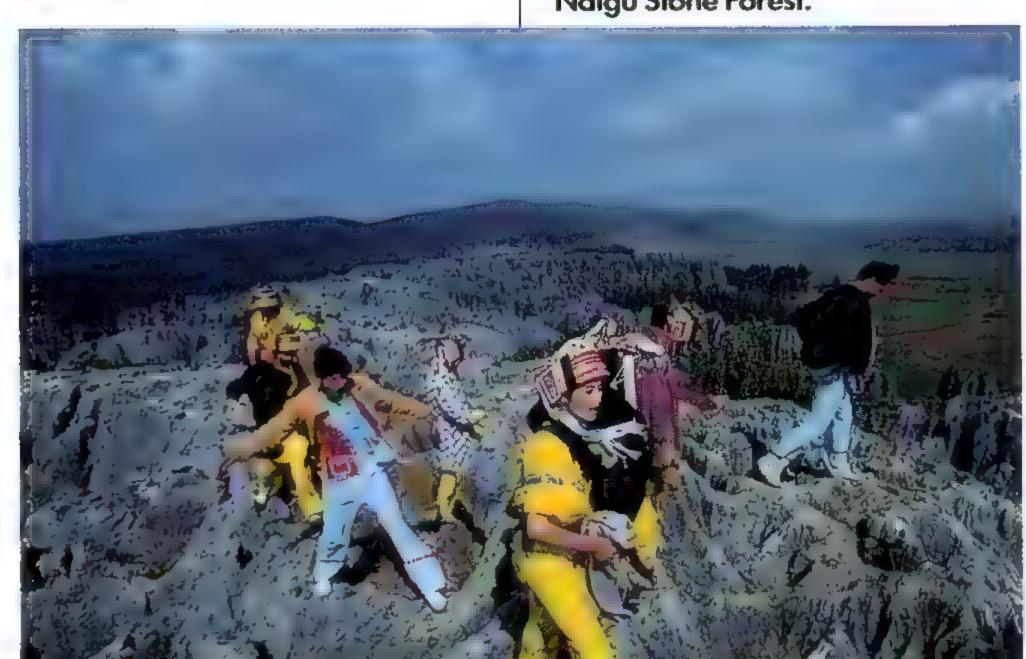
then as Stone Gate Peaks and Hemozhan Stone Forest. In 1982, a TV report announced the discovery of this stone forest, referring it as the New Stone Forest. However, geological studies revealed that it came into being much ear-

lier than either the Greater Stone
Forest or the Lesser Stone Forest.
In 1985, when it was developed
into a tourist scenic area, it was
officially named as Naigu Stone
Forest.

Stone peaks cover the desolate

hills of Naigu.

Peak Vista is the highest point in the Naigu Stone Forest.



# Naigu, in the language of the Sani branch of the Yi people means "ancient and dark" and true to its name, it does have a rather dark complexion, forming a contrast with the bright bluish grey of the Greater Stone Forest. Once inside Naigu Stone Forest, one is impressed by its simple yet wild nature as well as its deadly quiet atmosphere.

# Underground Caves

Within an area of eight square kilometres, the Naigu Stone Forest consists of the East Area, the West Area, the White Cloud Lake, the White Cloud Cave, the Ancient Battlefield and the Zhantun Wa-

terfalls. Most of the stone pillars in Naigu stand on hilltops from the pinnacles of which, one can get splendid panoramic views. The shape of the peaks in comparison to the other stone forests also seem more crude and wild. More outstandingly, the Naigu Stone Forest is riddled with underground karst caves of which nine have been found.

# Recommended Sites

White Cloud Lake At the entrance to the Naigu Stone Forest, you will invariably walk past the lake. In the clear waters stand two islets, called "Penglai" and "Yingzhou" (both are fairytale



Each of the three solitary peaks has its own special charm.

places). Every winter morning, the fog drifts across the lake, creating a mysterious charming sight.

Dating Place of Liang and Zhu
On the open grass slopes of the
East Area, stand two solitary
stones, each with a smaller stone
behind it, which look like the two
lovers meeting each other chaperoned by their servants, as is depicted in a famous opera, Liang
Shanbo and Zhu Yingtai.

Peak Vista More than 80 stairs lead to this huge rock at the crest of a hill. From this vantage point, one gets a panoramic view of the entire Naigu Stone Forest. The view looking down onto the knife-like peaks is thrilling.

Single-Rock Stone Forest A huge single rock supports a stone bush, as if it were a piece of sculpture.

Ancient Battlefield On a solitary hill at the edge of the Naigu Stone Forest, are numerous peaks resembling battle horses, pillboxes and generals which appear even more life-like at dusk. This is a difficult hill to climb, but one is rewarded by a sense of achieve-



ment together with very special photos.

White Cloud Cave Located in the East Area, the cave is large enough to hold 80 people. Like other karst caves, it houses stalactites of all shapes and sizes but what makes it different is the sound of crashing waves and dripping water that can be heard even though there is no creek of any sort. Even stranger, in the evening on fine days, a sound resembling singing and bamboo music or drums can be heard coming out of the cave.

Ghost Valley Menacing dark stones in strange shapes block out the sky. The eerie sound of the wind droning through the caves sends a chill down one's spine. At the end of the valley is a place called Gate to Hell.

Fairy's Valley In complete contrast, sunshine accentuates these

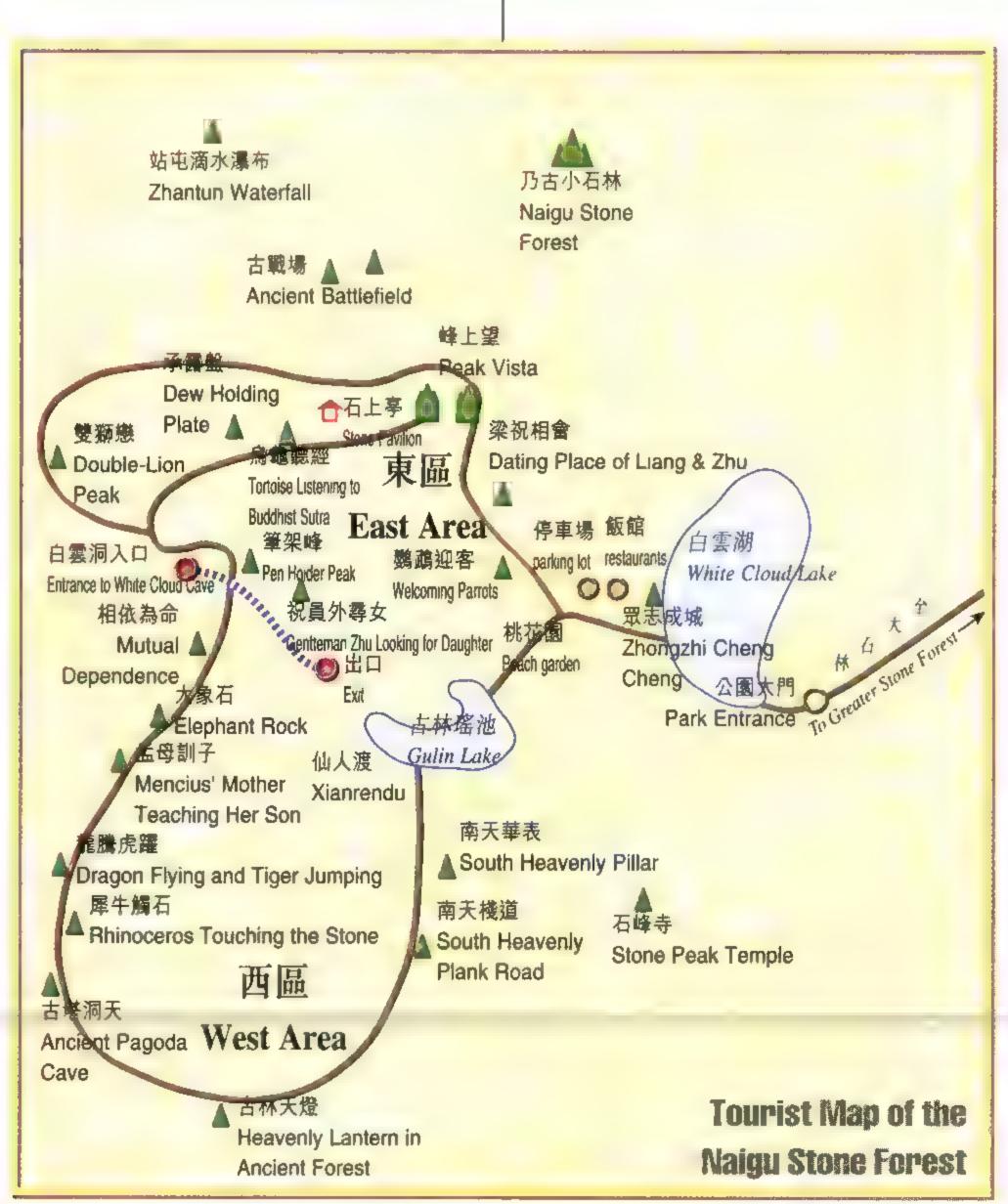
stones beautifully, posing them into flying fairies.

Ancient Pagoda Cave Standing like a pagoda, the peak houses four natural caves in addition to some stone tables and stools

In the Ancient Pagoda Cave is a natural stone chamber with stone tables and stools.

where travellers can rest and enjoy the beauty. The cave can accommodate up to 10 people.

Ancient Forest & Heavenly Lantern This solitary peak, as its name suggests, stands just like a burning torch.



Stone Peak Temple A unique small hill in the southern part of Naigu Stone Forest is called Five-Immortals' Peak. Traces of a temple dating back to the Ming Dynasty can still be found.

Zhantun Waterfalls Walking one
kilometre northwest from White
Cloud Cave one can
see a clear spring
cascading 57 metres down a sheer
rock.

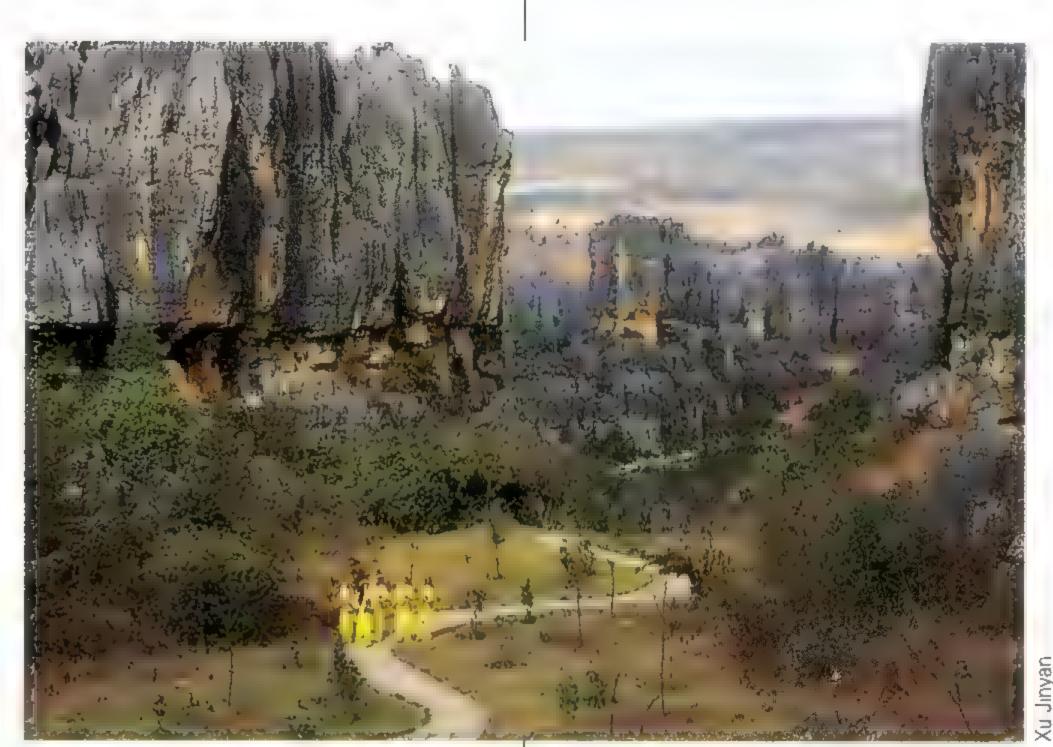
Old Wine Pot This



The Naigu Stone Forest borders farmland.

between the East and West Areas, the lake is fed by underground water which spills into Fairy Cave where legend has it that fairies bathe and dress.

Pig Monk Carrying His Bride A



A spacious valley lying between fortress-like peaks

rock formation has a body and base, but unfortunately, the mouth of the pot has crumbled over the years.

Dragon Flying and Tiger Jumping The rock standing on top of
the perilous cliff looks like a
dragon making threatening gestures, but viewed from a different
angle, it looks like a roaring tiger.

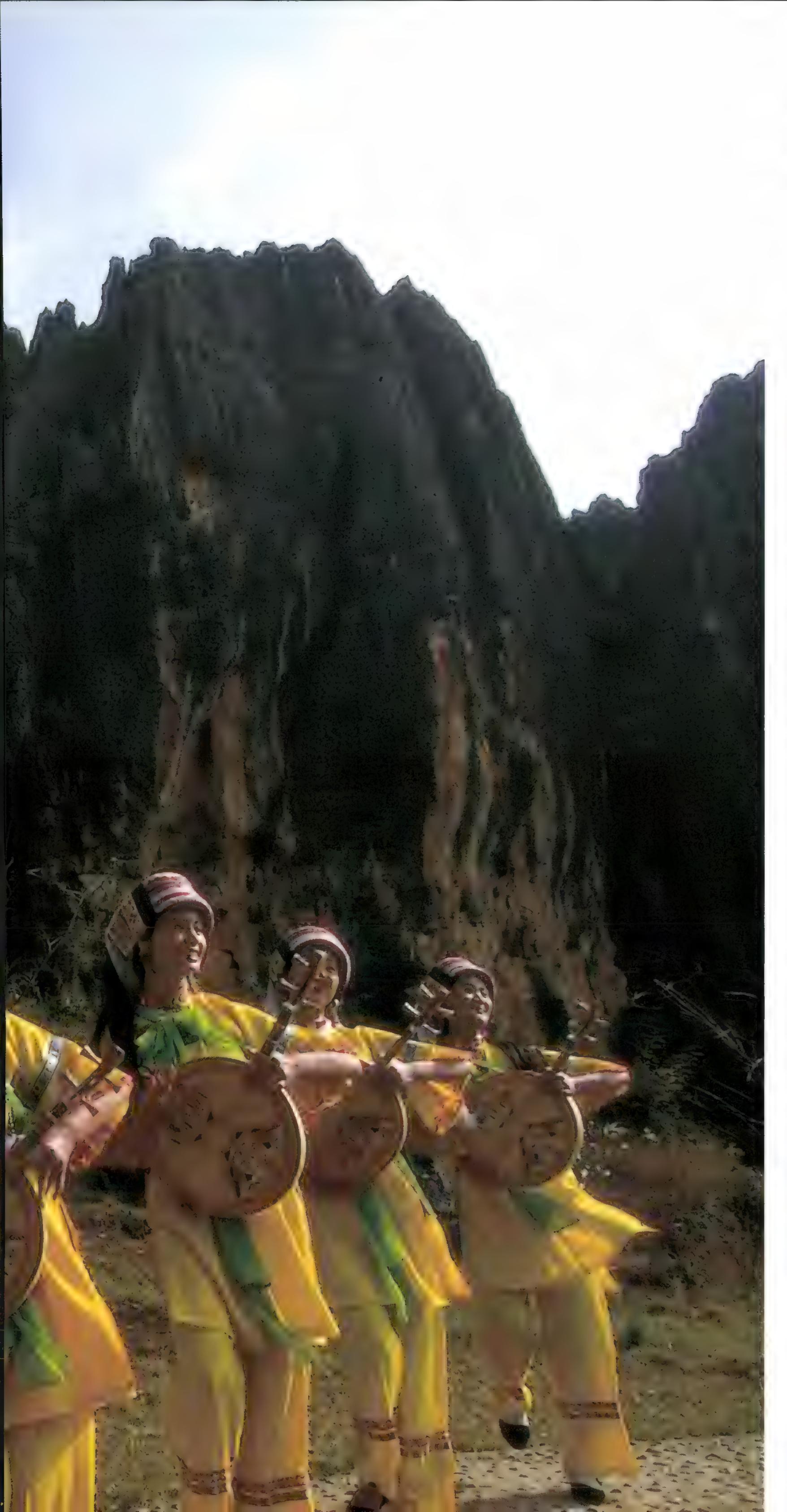
Golden Tortoise Bearing the Mountain It appears as its name suggests.

Gulin Lake Located in the valley

peak is spilt into two rock formations, one is fat with a round head, the other is small and slim. It resembles the Pig Monk, a portrait from the famous Chinese novel Journey to the West, who carries his bride on its back.

Double-Lion Peak Two lions appear to be frolicking.

Thousand-Sword Peak Many sharp peaks are scattered through an area which is best viewed from Triangle Pavilion, particularly when reflected by sunlight.



# LET NATURE RETURN TO THE STONE FORESTS

My three-day trip to the stone forests in Lunan were spent at the Greater and Lesser Stone Forests, the Outer Stone Forest and the Naigu Stone Forest. Each day brought me a new experience.

The Greater and Lesser Stone Forests which have been open to tourists for longer, are better known. Unfortunately, most of their charm has been dissolved by the pavilion, walkway, gardens, and inscriptions by famous people in particular, reducing it to an oversized rock garden. Furthermore, the over-stretched imaginations and illusionary fairy tales given by overtalkative tour guides deprive tourists of experiencing the soul-stirring atmosphere, leaving them little time to enjoy the wonder of nature.

The Outer Stone Forest has fewer man-made "scars". From a high position, one can see the stone forest undulating with the natural terrain in a crude and primitive way. At the 10,000-Year Lingzhi Scenic Area, one cannot help but feel a sense of terror, as if having landed in a place that has suffered devastating looting. Huge peaks lie broken on wild grass plains where solitary peaks stand ghost-like and shaky.

The Naigu Stone Forest has stones very dark in colour. Standing on hilltops, they create a much more imposing atmosphere. However, the natural look of the Naigu Stone Forest is already beginning to suffer from man's invasion.

It's my sincere hope that constructions should stop immediately. What I believe really attracts tourists is the unspoilt barbarian and mysterious wilderness of these stone forests.

Moving folk tales of the Naigu Stone Forest are protraged in songs and dances by the Sani people.





# OUTER STONE FOREST

The Outer Stone Forest is an area of barren hills surrounding the Greater and Lesser Stone Forests that offers a different scenery. In the barren hills there are many more grotesque rocks. Touring the Outer Stone Forest requires much legwork, but you will see something different. From the hillside slope beside the highway, you have a panoramic view of the vast sea of stone forests. On the top of a hill where the 10,000-Year Lingzhi is located, there are many strangely shaped rocks which have been weathered to the extreme.

# Main Scenic Spots

Pleasure Wandering is a solitary peak resembling an old man strolling along in deep thought.

Mother and Son Travelling is a twin-stone peak. The tall one looks like a Sani woman wearing a scarf holding the hand of the shorter one, a Sani child.

Camel Riding Elephant is a group of stone peaks. The upper part looks like a camel with two humps and the lower part resembles an elephant.

The natural scenery of the Outer Stone Forest remains "untouched" by man.





The strange and deserted "10,000-Year Lingzhi" Scenic Area

10,000-Year Lingzhi is selfdescriptive. It stands on a barren hill near the Flatfish Pond.

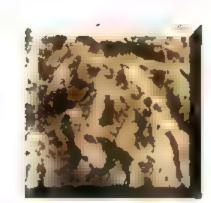
There are many other interesting rocks and peaks on the hilltops, most of them wearing artistic features.



The Sani people living in the scenic area of the Stone Forests







# THE TAKEATER AND LESSER STONE FORESTS

The stone forests of Lunan, together with the fogs of Mount Huangshan, the river and

hills of Guilin



Night of revelry during the "Torch Festival"

and the frost on the trees in Jilin, is well known as one of China's natural wonders.

Among the stone forests in Lunan, the Greater Stone Forest was the first to be developed for sightseeing. The whole scenic area lies in a basin made up of dense stone peaks. Without a guide, getting lost in the maze of stone peaks is inevitable. The "forest" is so densely packed that one continually finds one's path blocked and has to look for new directions, but it's part of the fun.

First opened in 1931, after more than half a century, many viewing pavilions have been built, stone staircases chiselled between the peaks and safety railings erected. In areas open to

> public, lakes and ponds have been dug and trees planted. Even worse, many of the trees have outgrown the peaks, blocking views of the charming stone forest.

The Stone Forest Scenic Area has been for generations the site of the traditional "Torch Festival" of the Sani people.

# Main Sights:

Stone Forest Lake Entering the Greater Stone Forest Park, one arrives alongside

the Stone Forest Lake. Some stone peaks standing in its quiet waters resemble the scenery of Guilin.

Best View of the Stone Forest Most tourists head here to pose for a picture. Bold inscriptions have been carved onto the huge rock. All tourist routes converge at this point.

Lotus Peak This rock resembles a lotus flower on top of a precipitous peak. The path leading to the top is dangerous with many sharp, protruding stones. For this reason it is advisable that the elderly and children do not climb this peak.

Sword Peak Pond The peak which resembled a sharp sword pointing toward the sky fell into the water during an earthquake in the Qing Dynasty, so unfortunately, only the short "sword handle" is left.

Peak View Pavilion This pavilion is built on top of a peak with four paths leading to it. Each level of this three-storeyed structure has a spacious viewing terrace. Standing on the pavilion, one is rewarded with fine views of the Greater Stone Forest.

Hanging by a Hair A huge rock lies precariously across two peaks. People walking on the path below hold thier breath and

quicken thier pace lest the rock comes crashing down on them.

Stone Bell A two-metre solitary rock rings like a bell when struck. The rock is hollow inside. Its different spots give different sounds.

Twin Birds On top of a stone peak is the vivid resemblance of two stone birds standing beak to beak, as if the mother were feeding her baby.

The Lesser Stone Forest is closely linked with the Greater Stone Forest. Divided by screenlike peaks, it is actually a group of exquisite gardens.



The Stone Forest Lake resembles a miniature of the landscape in Guilin.

The best known scenic spot in the Lesser Stone Forest is Ashima, a huge rock standing to the east of Jade Bird Lake. Because it looks like a Sani girl, this rock formation is given its name Ashima, the heroin in a love story popular among the Sani people. Most visitors come to the Lesser Stone Forest especially to view the beautiful "girl".

There is another strangelyshaped rock, Jade Pillar Propping up the Sky. This 20-metre-high huge rock, thin at the bottom and growing thicker towards the top, looks like a dagger piercing into the ground.







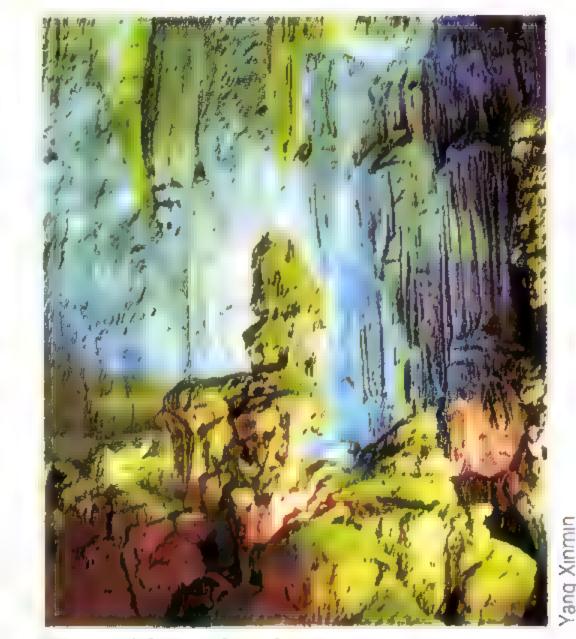
# SCENIC

Zhiyun Lingzhi Cloud ) Cave This cave is located at the centre of the Underground Stone Forest. Limestones inside the cave resemble fields, beds or

waves. The most impressive of the formations is a huge stalactite in the shape of a fearful dinosaur which startle visitors at first sight.

Dieyun (Folding Clouds) Crag Its stalactites are more exquisite than those in Zhiyun Cave. Also noteworthy is the air inside which is very fresh, probably because of the pine tress at the entrance to the cave.

Jibailong (Worshipping White Dragon) Cave Because it has



The Folding Clouds Karst Cave

Township, 33 kilometres to the southwest of the Greater Stone Forest, it can be reached by bus from the Lunan county seat 15 kilometres away.

Banqiao

With a 90-metre drop, the water-

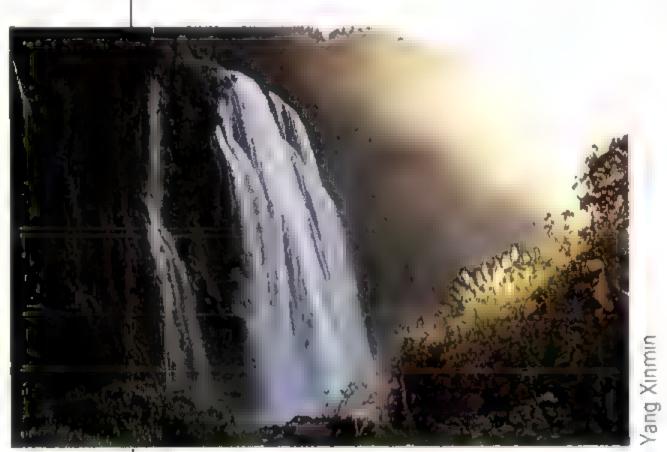
falls are 50 metres wide, which is 30 metres higher and 10 metres wider than the Huangguoshu Waterfalls in Guizhou. The waters fall from the high cliff, sending up plumes of spray in metre-high waves and forming a magnificent view.

Close to the Great Folding Waterfalls are other sights, including Small Dripping Waterfalls, Pearl Spring (its water temperature reaches 24°C), Immortal Cave and other scenic spots.

Moon Lake The largest lake in

Lunan County, it lies 15 kilometres to the east of the Greater Stone Forest and is surrounded by barren stone forests and pine woods. Dotted with three small stone islets, the lake water is extremely clear. It is an ideal place for fishing.

Long Lake Lying beside the Weize Village, 15 kilometres to the southeast of Lunan town, is the 3,000 metres long, 300 metres



The Great Folding Waterfalls

wide lake. Because it is fed by underground water, the lake water is so clear that one can easily see its bottom. The lake is also dotted with two islets covered by green grasses and pines, making the beautiful scene even more attractive.

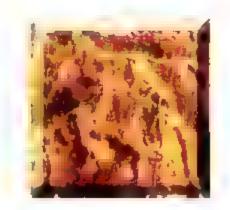


Qingshui Pond is a newly opened small scenic area.

been newly opened, the limestones in the cave are less weathered and look pure white, some even being comparable with crystals.

Great Folding Waterfalls Situated





# TIPS FOR TOURING THE STONE FORESTS

Transportation The Kunming City Taxi Co. offers a One- or Two-day Tour to the Stone Forests. Tour buses leave for the Stone Forests every day. Note that independant visitors must book their bus tickets three days earlier, while group visitors can easily hire their own bus at any time. The company's address is:

45 Beijing Road, Kunming.



**The Stone Forest Summer Resort** 

- Bus Station at the entrance to Beijing Road, (opposite to the Kunming Railway Station) for the Stone Forests at 8 a.m. and 1:30 p.m. daily.
- Privately-owned mini buses are for hire at the Kunming Railway Station.
- One-day Tours for the Stone Forests are widely sold in the city.
- Every hotel in Kunming operates its own bus to the Stone Forests.

The dazzling Sani embroidery



The Lunan County Automobile Transport Co. operates a regular bus route to the scenic spots. For Long Lake, take the regular bus m a r k e d

Muzhuqing and Guishan. Get off at Weize Village and then walk

one kilometre. For the Great Folding Waterfalls, take the regular bus to the Dake Village or Nanda Village, get off at Chakou and then change to motor tricycle. For the Moon Lake, take the regular bus to Xijiekou, get off

at Yuebaoshan Village and you will

find yourself by the lake.

There are many private vehicles in Shilin which tourists hire to visit the Naigu Stone Forest, Zhiyun Cave and other scenic spots.

Accommodation There are several 2-star or 3-star hotels in Shilin and the Greater Stone Forest Scenic Area open to overseas tourists, for example, the Stone Forest Hotel, the Stone Forest Summer Resort and the Cloud Forest Hotel. Standard rates are 200-300 yuan. Some low-grade hotels and hostels offer rooms 50-150 yuan.

Food In Shilin many restaurants offer Yunnan, Guizhou and Sichuan style cooking. Prices are



Photo taking with women dressed as Ashima

Specialities are beans and rice, buttered ham and fried

very rea-

sonable.

chicken with wild mushrooms.

Shopping Shops mainly offer art and craft products. Embroidery by Sani people, shell fossils collected in the Stone Forests and wild mushrooms are good local buys.

Climate Spring-like all year round in Lunan County.

Safety Although the peaks of the stone forests are not very high, most of them are precipitous and the tops are as sharp as knives.



Food stalls among the stone peaks

One must excercise extreme caution when climbing. It is advisable not to enter the stone forests at night in case you loose your way.

Arrangement It is possible to visit the stone forests in one day, but it is quite hectic. A two day tour in a hired car is better if one would like to visit all the scenic spots in Lunan County. Rental with seven-eight seats costs around 800-1,000 yuan per day, including the fee for the guide.

Translated by M.Q.



received on international markets.

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REMARKS THE THE DE



# THE KAZAKS IN CHINA

China is a country of many ethnic groups of which the Han Chinese comprise 94 per cent of the population. The 55 others, the "minorities", occupy over 60 per cent of the land, most of it in strategic areas. The Chinese government has established special administrations in areas where one or more of these groups is heavily concentrated, or where they outnumber the Han Chinese.

Autonomous prefectures (zhou) and counties (xian) are the more common units of delineation.

Autonomous areas exist in principle to give the minority people some self-governing power.

Major officials are selected from the local population and policies are designed with local conditions in mind to preserve and enhance the indigenous cultures. Schools are often taught exclusively in the local language and religious freedom is guaranteed.

For readers who wish to know China, it is important to learn the characteristics of each of these different ethnic groups. Starting from this issue, we have begun a new series – The 56 Ethnic Groups – which will systematically survey the natural environment, traditions and customs of each of the Chinese ethnic groups. We shall also be recommending one or two tourist spots for those wishing to experience the lifestyle of the "Minorities". We hope our readers will find this new column interesting.

This month we begin with the Kazaks whose current population numbers around 1 million. — The Editor

# **Origins**

The Kazaks live mainly in the three areas: Xinjiang Uygur Autonomous Region (in the Ili Kazak Autonomous Prefecture, Barkol Kazak Autonomous County); Gansu Province (in the Aksay Kazak Autonomous County); and Qinghai Province (in the Haixi Mongolian, Tibetan and Kazak Autonomous Prefecture).

Their language belongs to the Turkic branch of the Altaic language group but its written form is based on the Latin alphabet.

According to historical studies, the Chinese Kazak people can be traced back to a very early time, to the state of Wusun which existed during the Western Han Dynasty (206 B.C. – A.D. 24) when the northern Tianshan Mountains were inhabited by the early Kazaks. The Kazaks in China and the Kazaks of today's Kazakhstan Republic have similar, if not identical, facial features, language, clothing, ornaments and religious beliefs. It is therefore possible that they shared

the same ancestors. Some people say that the word "Kazak" means "refugees". Others say it means "tent on wheels", "nomads", "victor", or "white swan".

Except for a small number of settled farmers, most of the Kazaks live a nomadic life tending their livestock of horses, sheep and goats, migrating from one pasture to another as the seasons change.

# Clothing

As the Kazaks live outdoors where temperatures can range anywhere from 40 °C in summer to -10 °C in winter, most of their clothes are made of fur and leather to protect themselves against cold weather and high winds. Only during the short summer days do they wear clothes made of cotton or silk.

To the Kazak men a fur coat and hat are indispensable winter garments. The hats are usually made from fox or otter fur or from lambswool, with a long back flap, two earflaps, four-corners and a



pointed crown. Two other hat styles include one with a conical crown, the other with a domed top.

The hats of the Kazak women are much prettier and are in different styles. Unmarried girls wear a round, close-fitting hat made of cotton, silk or otter skin, decorated with beads, buttons and even owl's feathers. Some Kazak girls, however, prefer simply a scarf and most of the middle-aged and elderly Kazak women cover their heads with two pieces of white cloth, exposing only the face. The hat worn by a Kazak bride is beautifully decorated with gold and silver ornaments and jewels.

# **Family Traditions**

Kazak families used to be strictly patriarchal with the father enjoying absolute authority over his family and being unquestionably obeyed by his children. Women had no rights either to decision-making nor to property.

The Kazaks practice a tradition whereby the family property is inherited by the youngest son, who stayed on to live with his parents. The elder sons usually build their own houses and move out after getting married.

# Food

For generations Kazaks have engaged in animal husbandry, so naturally their staple food comes from their livestock.

## Fermented Horse's Milk

Perhaps the most favourite drink of the Kazaks is fermented horse's milk. In summer, the yurts on the pastures are filled with the fragrance of fermented milk, which is drunk by Kazak herdsmen every night after a hard day's work. It relieves fatigue, allays hunger and is said to be effective for curing minor stomach problems.

Fermented horse's milk looks like any other fermented milk, but surprisingly it has quite a high alcoholic content, and one can easily become intoxicated! Therefore, if one is visiting a Kazak family, one should be cautious not to exceed one's capacity.

### Milk Tea

Milk tea is an indispensable beverage to the Kazaks, both old and young for all seasons. It is prepared by first boiling black tea and then adding salt, cloves, pepper, and lastly, fresh cow's or goat's milk.

Upper: A Kazak family in Yining, Xinjiang, taking breakfast (by Chan Yat Nin)

Finally, the flavour of the tea is enhanced by adding a small amount of butter.

# Meat Eaten with Fingers

Most of the dishes prepared for the Kazak dining table contain meat. Because of their Islamic faith, the Kazaks are forbidden to eat pork. Although there are many ways to prepare beef and mutton, the most common dish is called "meat eaten with fingers", which is prepared in two different ways. One, known as *Kinta*, is prepared by mixing cream with the meat of a young animal and stuffing it into a horse intestine, which is then steamed. The other, known as *Naren*, is prepared by chopping the meat into small pieces, adding onion and seasoning and steaming the mixture.

# Horse Meat

Horse meat is considered by the Kazaks as the finest food which is usually offered to honoured guests. A foal of about two years old is slaughtered and the best parts of the meat, which include the ribs, intestine, neck and rump, are offered to the guest. The Kazaks also eat a great variety of milk products, including butter, cheese, hard cheese and milk curd.

# **Dwellings**

The nomadic Kazak people live in mobile yurts in the spring, summer and autumn, staying in mud or wooden houses only in winter.

Constructed with strawmatting and sheep pelts around a circular wooden frame, the yurt usually contains simply a brazier or stove, bed, table and cabinet. The wall where the bed is positioned is often decorated with a beautiful wool tapestry.

This type of yurt equally protects the dwellers from the scorching sun and cold night winds and can be easily assembled and disassembled.

The Xinjiang Autonomous Region Museum in Urümqi features a





Upper left: A Kazak
herdsman on his way to
new autumn pasture in
the Tianshan Mountains
(by Chan Yat Nin)
Lower left: Kazaks
herding sheep (by Chan
Yat Nin)
Upper right: Kazaks
from the Altay
Mountains in northern
Xinjiang (by Chan Yat
Nin)
Lower right: A Kazak
yurt (by Chan Yat Nin)





Distribution of Kazak

Xinjiang

Population

splendid, well-furnished yurt. There are also interesting exhibits relating to Xinjiang's other ethnic minorities. It is well worth a visit.

# Customs

# Picking Up the Lamb

"Picking Up the Lamb" is a traditional game played by the Kazaks. Com-

petitions are usually held during festival day in autumn and are watched by people of all ages.

The game can be played in singles, in teams, or *en mass*: A singles game is played by two horseback riders chasing a lamb. The one who seizes it first is the victor. The second is played by two teams who strive to grab the lamb. The third is played by several dozen

individual riders. The winner is the one who succeeds in seizing the lamb and throwing it into a family yurt.

### Girl's Chase

During Kazak festivals, young men and women like to play a game called "Girl's Chase". In this game, the players ride their horses from the starting line to the finishing line and back. On the first leg of the race the young men try everything to prevent the young women from reaching the finishing line. On the way back, the young women lash out at the young men with their whips but the

young men are not allowed to fight back. If a young woman is fond of her opponent, she only pretends to whip him while she chases him back to the starting line.

The game of "Girl's Chase" provides a good opportunity for young people to meet. Many young Kazaks fall in love and later become husband and wife through playing this game.



# Taboos

Like all nationalities around the world, the Kazaks have their taboos. For example, one must not dismount from a horse at the door of a yurt, the act is considered that the caller is delivering bad news. Instead, one should dismount some distance away from the yurt and then walk towards it. One must not count an owner's live-



stock in front him, nor count the number of people with one's finger or a stick, nor ride one's horse into a flock of sheep.

At mealtimes, one must not touch the food with the back of one's hand nor put food back onto the dish after picking it up. When eating a *nang*, the staple food of the Kazak people, one must tear a small piece off at a time, and place it into one's mouth rather than bite into it like a piece of bread. When eating melon, it is preferable to wait for the host to cut it open with his knife.

In addition, one must not praise a child in front of his or her parents, nor livestock in front of its owner which the Kazaks believe will bring disaster to their children or livestock.

While visiting, one must pay particular attention to the fact that the Kazaks are Moslems, and should by no means joke with them with words like "pig" or "pork". They are also forbidden to eat donkey, dog, any dead animal or the blood of any animal.

The Kazaks also have many other taboos, but one need not be afraid. If one happens to break a taboo, all one has to do is to explain



one's ignorance. The hospitable Kazaks will certainly forgive you.

# Tips for Tourists

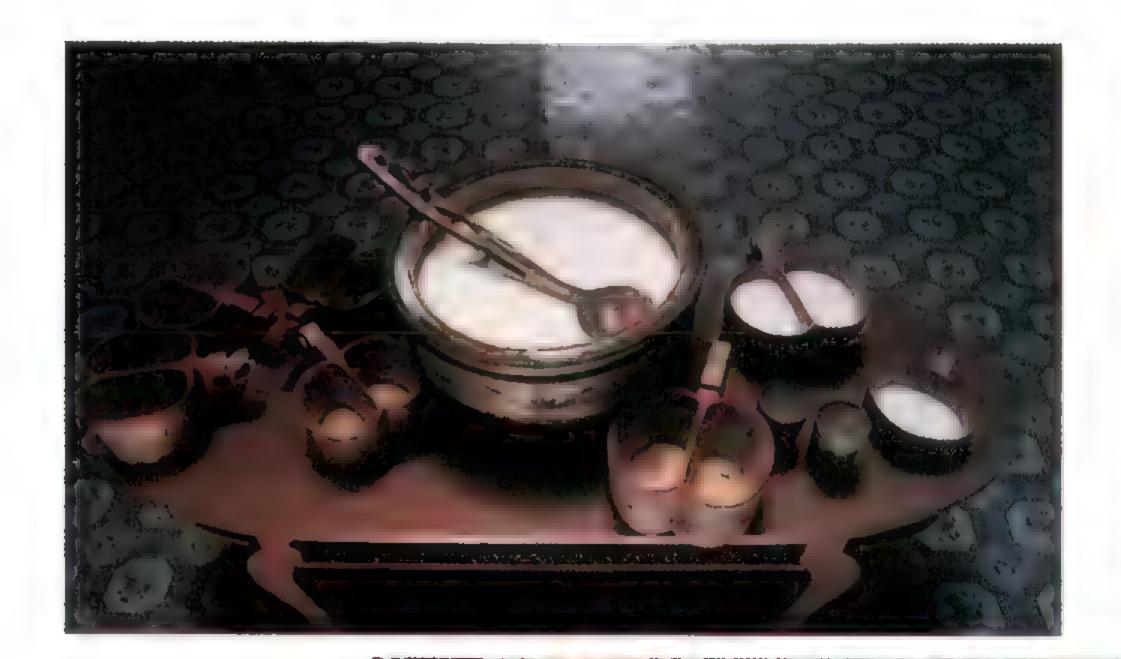
## Experiencing the Kazak Lifestyle at Baiyanggou

Baiyanggou, or Poplar Gully, 75 kilometres to the south of Urümqi, is a tourist spot inhabited by Kazaks. Upon entering the gully, one will see snow-capped mountain peaks in the distance and the green, grassy slopes dotted with cattle, horses and sheep. On the

pasture are also white yurts of the Kazak people. For the convenience of tourists, villas, guesthouses and restaurants have been built in the woods.

Visits can be arranged by local travel service agencies in Urümqi upon request. When visiting Baiyanggou, one will be welcomed as a guest by a Kazak family in their yurt. Together with the hosts, one can drink fermented horse's milk, dine on the delicious roasted mutton and try the "Meat Eaten with Finger" dishes. Cheese and other delicacies can also be tasted. One can also hire a horse or camel to ride through the pastures or in the woods.

In mid-summer, one can watch the Kazak people competing in their horse race games, "Picking Up the Lamb" and "Girl's Chase".



# Transportation:

A mini-bus leaves from the front gate of the People's Park in the city of Urümqi and goes directly to Baiyanggou. The journey takes about 70 minutes and costs 30 yuan.

Special transportation needs and interpreters can be arranged by contacting the following travel agencies:

# Major Travel Agencies in Urümqi, Xinjiang

Name	Address	Tel (0991)	Fax (0991)	Postcode
China International Travel Service	51 Xinhua Road North	2821427	2818691	830002
Overseas Travel Service	Ditto	2821530	2821445	830002
China Travel Service	Ditto	2861737	2862131	830002
China Youth Travel Service	9 Jianshe Road	2818426	2817078	830002
Nature Travel Service	9 Donghou Street	2832595	2817174	830002

Article by Shi Baoxiu
Translated by Tang Bowen



Upper left: Kazaks
attending a musical
performance in Qitai
County (by Song
Shijing)
Lower left: Girl's
Chase (by Song
Shijing)
Upper right:
Fermented horse's
milk (by Sun Jiabin)
Lower right: A
Kazak family
banquet (by Yang
Jiqing)



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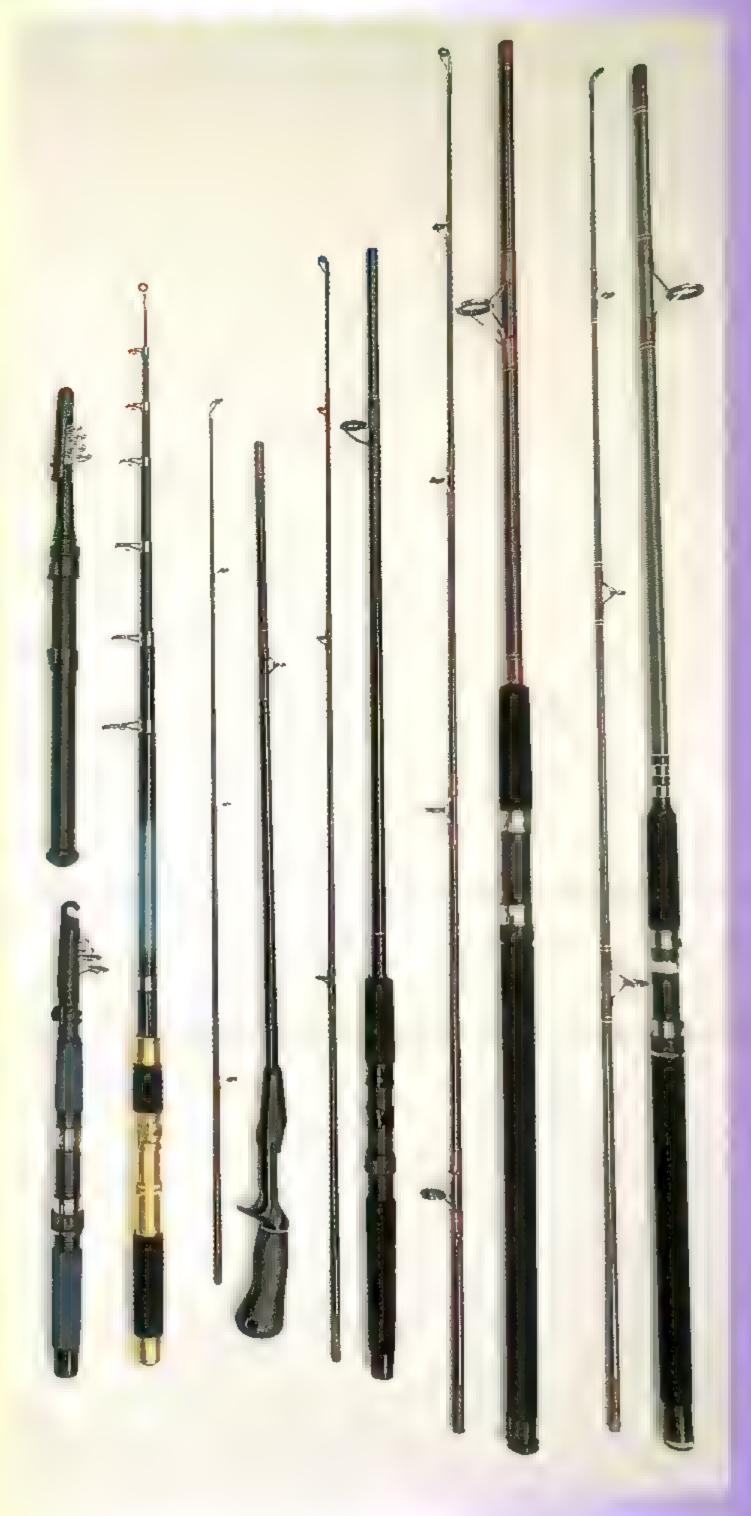
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Postcode: 510010







At the end of September 1995, a team of 17 amateur mountaineers spent nine days together and conquered the snowy Haba Mountain, in Zhongdian County, the northwest of Yunnan Province. Its main peak, a virgin peak, lies 5,396 metres above sea level. Their unforgettable experience was recorded by the only woman member of the team who, in addition to recording their thrilling experience, also describes some of the more light-hearted moments. — The Editor

### Day One. September 30, 1995. Departure.

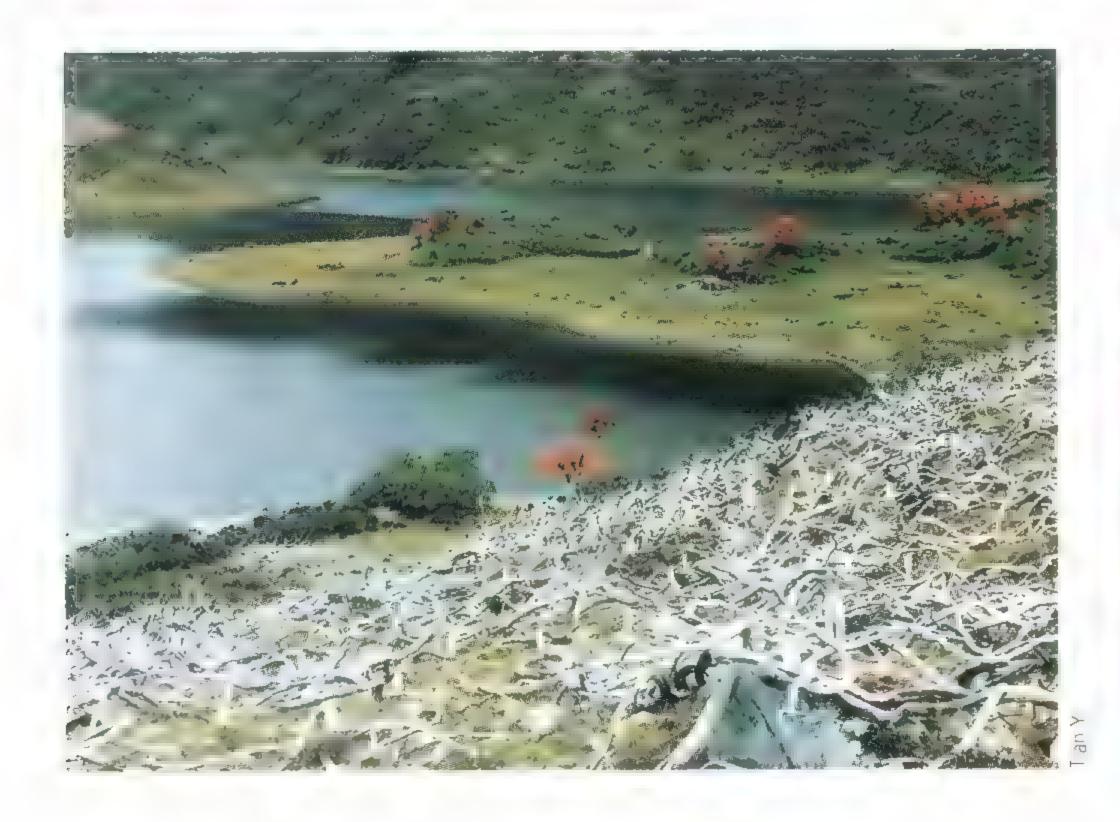
At 7 p.m. sharp, on September 29, the sleeper bus carrying the team of 17 departed from Kunming. Of the 17, four had tried to scale the snowy Haba Mountain before but had failed to reach the summit because of problems with equipment and weather. They had come with us to try again. The amateur mountaineering team members came from all different walks of life. The oldest one was a retired teacher of 55. The youngest was 23. The team leader, Jin Feibiao, is an experienced mountaineer

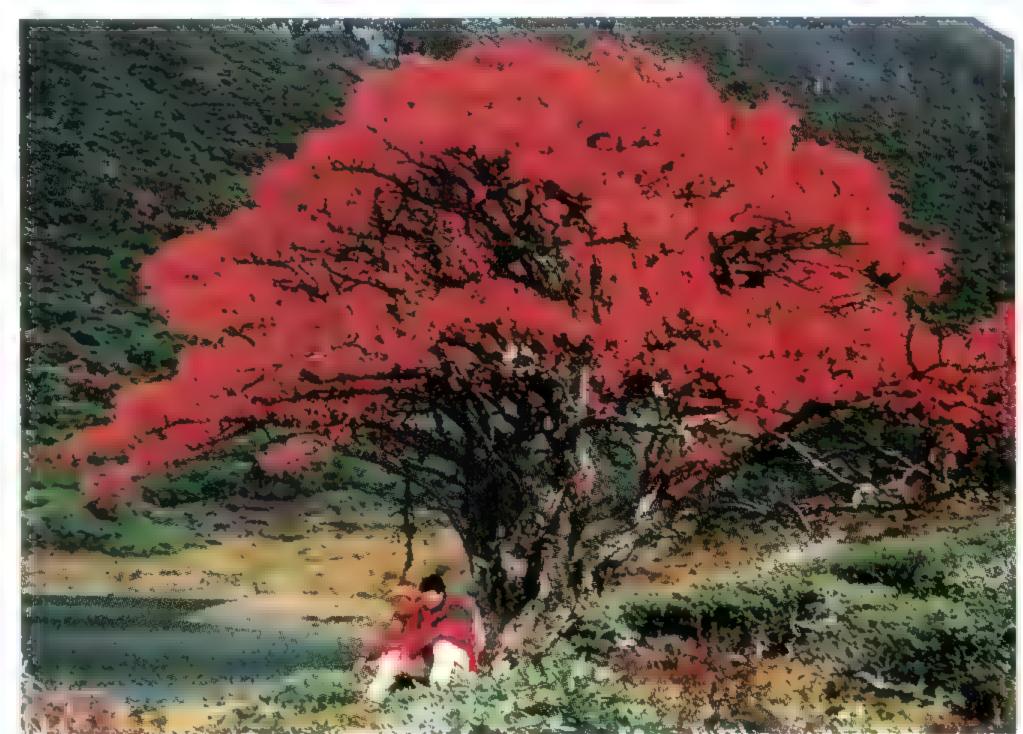
At 8:05 p.m. we reached Dongpo Village at 2,260 metres above sea level. Mr. Lu, a forest ranger, arranged for us to spend the night at the village office. Our plan for tomorrow was to reach Jizhi Pass, 4,100 metres above sea level, and set up base camp there.

### Day Two. October 1, 1995. Setting Up Camp.

It was a fine day. At 8:10 a.m., after eating more instant noodles, we headed out for Jizhi Pass, about 30 kilometres away. Mr. Lu told us that we should be able to reach there by nightfall. As we had to provide our own lunch, each of us carried some water and compressed biscuits. As we departed we were followed by our caravan of 17 horses which carried our supplies in a variety of large and small bundles.

At 10:30 a.m., when we reached 2,830 metres, we began to see silver fir trees. Mr. Lu told us that we would soon pass through a forest of bushes and warned us not to step on the grass nor stop as we walked through. Otherwise, the leeches in the grass, sensing movement and the warmth of the human body, would rush up our trouser-legs in droves and





Zheng Yuanlon

and explorer. Except for Wang Dali and Liu Zhi, 15 of the team were members of the Kunming Mountaineering Association. I was the only woman member of the team. Although I knew there were dangers and that I would experience hardships on the climb, an indefinable urge strengthened my determination to join the team.

The fast overnight bus reached Bridge Head Village in Zhongdian two hours ahead of schedule. Since everything so far had been arranged so smoothly, we never expected there to be problems in our timetable. Three members of the team went to the Haba Forest Police Station to arrange our trip into the mountains. They returned in a police jeep with the chief police who called our team leader to one side and told him there had been several days of heavy snow and that the crevices and gullies were completely covered up. It was, therefore, extremely dangerous to climb the mountain. After discussing it at great length, the police finally agreed to let us take the risk. We put down a cash deposit of 2,000 yuan to arrange a horse caravan to transport our equipment and supplies up the mountain. At 5:15 p.m., following the caravan, we set off for the mountain.

attach themselves to our skin to suck blood. I trembled with fear as I put puttees on my lower legs. But the men courageously rolled up their trousers to expose their lower legs, saying that at least they could then see if any leech had attached to their legs.

At 12 a.m. we reached Yinchangping (Silvery Plant Terrace), 3,050 metres above sea level where the temperature was 15°C. The sandy soil was metallic silvery grey in colour. There was an unusual species of vine in the forest which the men said was good for washing dishes. They immediately began to pick some. They also jumped down to a creek to drink icy spring water flowing down from the snowy mountain. We came out of the forest at 1 p.m. and climbed up a circular mound 3,320 metres above sea level in a large grassy marshland, where we caught our first sight of the sheer cliffs of the snowy mountains.

When we reached a spot 3,470 metres above sea level at 2 p.m., we saw our caravan of horses. Over the walkie-talkie, we learned that one of our team, Wang Dali, was suffering from altitude sickness. As he had drunk a great deal of water on the way up, his blood had become diluted,

which made him perspire profusely and further exhausted him.

The bells on the horses jingled pleasantly in the empty valley. What we saw now were lofty mountains and a grassland with yaks grazing here and there. Melted ice flowed down from the mountains to gurgle into a great number of streams. The wind had become quite strong. It blew across our faces like hundreds of needles pricking into our skin. After the wind abated, we found our faces covered with a thin layer of salt from our perspiration. Our clothes were soaked with perspiration but were quickly dried by the wind before they were soaked again. As we walked across the grassland, we occasionally came across low stone huts which had been built by herdsmen. They would light a fire and pass the night inside.

Late in the afternoon, dark clouds began to gather. We knew that we must reach the base camp before dark even though we were already quite exhausted. At 4 p.m. we met our caravan of horses on its way back. The caravan leader told us it would only take another half an hour for us to reach the camp. But it began to rain. Fighting now against both wind and rain, we eventually reached the base camp at 6 p.m. Our vanguard had

physique and the photographer Peng Xinmin to form the advance party. After they had put on their safety harnesses and point guards, we hung up a banner and performed a simple camp-founding ceremony. Probably because the advance party appeared to be over cautious in their preparations, the rest of the team members looked rather tense, as if they were never to return. A group photograph was taken before they set out amidst repeated words of warning. They were, after all, the first advance party.

The base camp was located on the grassland below a mountain slope of huge boulders. Water flowed down through an innumerable number of rock crevices, forming a stream bubbling by the camp site. The top one-third of this mountain was above the snow line. It was the highest peak the eye could see from where we were. We had to climb over this peak and two more ridges before we could see the main peak.

At 6:15 p.m. the five member advance party returned. They were almost soaked through with perspiration. According to them, the snow this year was much heavier than last year's. The spot where they had set





rigged up a number of tents to cover our supplies. Several of them were busily shoring up the roof of a rock hut and erecting the aerial of our radio station. Once inside the hut, we found that Mr. Lu had already lit a fire. Hungry, cold and exhausted, we sat around the fire and waited for the others to arrive.

### Day Three. October 2, 1995. Looking for a Route.

A fierce wind had blown last night. We got up early. It was dark and raining when we arrived yesterday so we did not have a chance to look around. In the morning sunlight the team members dispersed in different directions to familiarize themselves with the local terrain. Several of us, including myself, were voted to work as cooks in the hut. We decided the team members needed a good meal since all we had eaten since the first day were pot noodles. So we prepared dishes of Sichuan cured meat with green pepper, stir-fried ham with dried hot pepper and a cabbage and potato soup.

After the meal, the team leader picked four members with the best

up camp last year was covered by one metre of snow. The climb this time would certainly be much more difficult. Upon hearing this, the team members looked disheartened.

At 6:20 p.m. our radio station picked up the signal from the main station at Kunming. Even though the transmission was not clear, the team members were once again in high spirits.

### Day Four. October 3, 1995. Climbing.

Six members were to be dispatched today to set up Camp No. 1 at about 5,000 metres, so that when climbing the main peak, we would not

Previous Page: Our first experience of eating instant noodles sitting on a snow-covered mountain

Facing Page Left: The beautiful gulf-like scene at 4,000 metres

Facing Page Right: Those who were not to conquer the summit relaxed, exploring the nearby mountains and lakes.

Left: Even with the help of a horse caravan, team members had to carry some supplies.

Right: As the horse caravan continued its way up, we paused to take photographs.





need to set up an assault camp. While everyone else was busily preparing the equipment needed for Camp No. 1, I put on my backpack and set out at 8 a.m. in the hope that if I made an early start I would not lag behind.

Mountain climbing is an exciting experience. I inhaled and exhaled deeply. Each time I climbed higher, I experienced the pleasure of overcoming another challenge. Each time I reached a new height and turned round to look back at the serried mountain peaks enshrouded in mists and illuminated by golden sunlight into different shades of colour, I felt as if I were looking at a landscape painting. As clouds drifted below my feet, I could see that the world really did become a smaller place when it was viewed from the top of a lofty mountain. Climbing the mountain was also

an emancipation, freeing me from trivial matters and the pressures of different facets of life.

But, there were times when I was totally exhausted and did not know what lay ahead. At these moments, when my willpower was near to breaking point, I had even thought of stepping over the cliff and ending everything. But at the same time, the instinct to live would tell me that I must not die. I must ceaselessly conquer the inertia within me, ceaselessly negate my original self and ceaselessly tap life's potential to the limits of the human body.

At 4,300 metres, I was close to the snow line. When I turned around to look at the base camp, I could see a file of tiny dots and knew that the other members of the team had started.

Once I reached the snow line, I very easily found the footprints left by the advance party the previous day. Slowly I climbed upward.

The footprints led to a sheer cliff from where I could no longer see the base camp. I bent down on all fours to climb upward. There was no other sound except for that of melting snow.

My foot slipped once, and I tried my best to steady myself. When I raised my head, I could see that the 150-metre-long slope leading to the summit had an inclination of 80 degrees. I knew I would never be able to climb such a slope. I had not carried any anti-slip nor safety equipment with me, so I could only use my hands and feet. Just as I was thinking

about what to do next, my foot slipped again. I gingerly looked down, and gave myself a real scare. How did I manage to get myself into this situation? I was lying about 50 metres from the edge of a cliff. The inclination of the slope was not less than 80 degrees. If I allowed myself to slip, I would probably roll over the edge of the cliff straight to the bottom of a gully. I lay flat on the snow to lower my centre of gravity and stuck my fingers and feet into the snow. I could neither climb up nor go down. Terrified, I tried hard not to shiver and lay flat on the snowy slope like a lizard. I began to cry out loud for help. It seemed I was the only person left in the world. With snow all around me, there was no sign of life. I began to sob in despair. The eyes of the woman who used to be fearless were now blurred by tears. How could I allow myself to die like this? How could

I do nothing in the face of death? But all I could do was cry as I lay flat on the snowy slope.

effort. If I were to die, one way or another, why not try to save myself even if the odds were only ten thousand to one? I put my face into the snow to steady my nerve and then turned over slowly to lie on my back. At the sight of the long slope and the cliff edge, I shivered with fear. One slip would mean certain death. I knew I could never walk down on my feet. All I could do was to continue to lie flat on the snow and

allow myself to slip downward slowly, sinking the heels of my feet and my fingers into the snow to steady my descent. My heart missed a beat every time my body slid.

I was surprised to find the heels of my feet were able to control part of my momentum. I stopped and steadied myself each time I slid a few inches. Inch by inch I eventually succeeded in returning to the rock where I had been sitting. My buttocks and legs suffered from pins and needles after lying in the snow for such a long time. When I once again saw the base camp at the foot of the mountain, I broke into tears.

Then I heard people talking below the cliff. I cried out, "Is anybody there? Where are you?" An answer came back immediately. I turned

Left: Dusk at Camp No. 1
Right: The scenic view from our base camp

left in the world. White snow

was all around me, with no sign of

life. My heart began to sob in

despair. How could I allow myself to

die like this?

# THE HABA MOUNTAIN

### SCALING THE HABA MOUNTAIN

Haba Mountain is located in the south-eastern part of Zhongdian County in Yunnan Province, approximately 70 kilometres away from Zhongdian and 657 kilometres from Kunming.

Its name originates from the village it surrounds, the Haba Village. The perennially snow-



capped mountain stretches for 22 kilometres, covering a total area of 219 square kilometres. Its main peak of 5,396 metres above sea level is Yunnan's fourth highest peak which stands facing Lijiang's Yulong Mountain across the Tiger-Leaping Gorge on the Jinsha River. The mountain valley contains many basins and moraine lakes such as the Heihai, Huanghai and Wanhai.

The Jinsha River Valley at the base of the mountain belongs to the dry, subtropical climate, while the mountain top is perennially covered with snow, the snow line lying at 4,300 metres. It is one of China's most southern areas still containing glaciers.

### TINERARY FOR CLIMBING HABA MOUNTAIN

The Kunming Shanye Travel Service have plans for a 1996 expedition. The itinerary contains a 10-day programme focusing on photography and study of alpine plants and lakes as follows:

Day 1: Leave Kunming at 6:30 a.m. by an overnight bus with sleeping berths. The journey covers 590 kilometres and takes 15 hours.

Day 2: Arrive at Qiaotou Township in Zhongdian at noon. Visit the world-famous Tiger-Leaping Gorge in the afternoon, staying overnight at a hotel.

Day 3: By bus in the morning to the drawbridge in Dongpo Township located seven kilometres away (2,050 metres above sea level). The climb starts southward from here along a small road well-trodden by caravans. Evening: Camp in a Yuanbaoshan household. Total distance, 17 kilometres.

Day 4: Set off from Yuanbaoshan in the morning and, arrive at the foot of Wannianxue Baoding (5,388 metres above sea level), second peak of Haba Mountain. Pitch base camp at Shangnizhi (4,100 metres above sea level).

Day 5 and Day 6: Mountaineering practice (tailor-made according to the experience of the mountaineering party).

Day 7: Trek around a group of lakes of which, Wanhai (lying 4,020 metres above sea level), Huanghai (lying 4,180 metres above sea level) and Heihai are the biggest, with Lake Wanhai being the most beautiful. It is a 10-kilometre walk.

Day 8: Dismantle base camp and return to Qiaotou Township to lodge overnight. Distance covered is 25 kilometres.

Day 9: Free time in the morning. Board the overnight bus at noon and start the return journey, arriving in Kunming on the morning of Day 10.

The cost of the tour (beginning in Kunming, including accommodation and transportation) will be HK\$2,300-2,600 per person. Tour takes place from October 20 – 30, 1996. Those interested should register before September 30, 1996.

### ADVICE GIVEN BY MOUNTAINEERING SPECIALIST

According to mountaineering specialist Zhong Jianmin, it is less difficult to climb snow-covered mountains compared with rock-climbing. However, for an amateur mountain climber, there are some dangers which must not be ignored and the following points must be considered:

- (1) Anyone undertaking mountain-climbing must have some previous experience and knowledge.
- (2) Equipment such as a safety harness, crampons, ice axe, ropes and tent must be thoroughly prepared and checked.
- (3) One's physical condition must be excellent, with no previous history of heart conditions or lung problems.
- (4) Gain some knowledge and experience in first-aid.
- (5) Pay adequate attention to the effects of high altitude on the body. The phenomenon of altitude sickness often occurs in people who cannot easily adapt to the decreases of atmospheric pressure especially if their journey begins in the low plains and then ascends to the high-lands. Symptoms are headaches, vomiting, difficulty in breathing, and in some severe cases even lapsing into a coma. Fellow mountain-climbers arriving from regions of low altitude such as Hong Kong and Macau are well-advised to first stay in Kunming (1,860 metres above sea level) for a minimum of three to five days to allow the body to adapt itself to the altitude change.

Rest after you have reached a height of 3,000 metres, and thereafter at regular intervals. How long you stop depends on your health and physical fitness. Generally speaking, one needs at least half a day or a full day's rest before one starts scaling for a new height. Zhong Jianmin suggests that the average scaling altitude must not exceed 500 metres a day. You can't reach the sky in a single bound after all!

(6) Fellow mountaineers interested in mountaineering should contact:

#### **Kunming Shanye Travel Service**

Address: 2/Flr, Yunnan Tourist Hotel

No. 261 Southern Huacheng Road, Kunming Tel: 86-871-3179269 Fax: 86-871-7195660

Translated by Xiong Zhenru



around and stood up. They were about 20 metres below the cliff. I needed to climb across another slope, onto another path up the mountain to join them. As I climbed on all fours towards them, I smiled secretly to myself, thinking I was lucky that nobody had heard me crying.

Since I did not carry the necessary equipment with me, I had to return to the base camp. While Jin Feibiao and Li Chengjiong (two of the four members who were eventually to ascend the summit) continued their way up, Liu Ming came down with me. As we descended, we met Wang Dali whose face and lips had turned purple in reaction to the increasing altitude. As he lay in the snow and gasped strenuously, we tried everything to persuade him to turn back, being afraid that he was so exhausted he would be frozen to death when night fell.

It took us two hours to return to the base camp. I removed all my wet clothes and threw them out of the tent. Then, I put on all the eiderdown garments I had carried with me. Swallowing an aspirin I slipped into my sleeping-bag, shivering like a leaf and seized by a raging headache.

### Day Five. October 4, 1995. Reaching the Summit.

Yesterday, eight of the team members remained at Camp No. 1 at

4,900 metres above sea. Over the walkie-talkie we learned that the weather up near the summit was poor. Wind speed reached 30 metres per second, and temperature was -4°C.

Today is another fine day. Taking the geographical and weather conditions into consideration, we decided that there was no need to set up Camp No. 2. Instead, Camp No. 1 could be moved to a spot at 5,200 metres, from where the team members could make preparations to assault the summit. At 10 a.m. Jin Feibiao and three other physically strong members began to carry the equipment further up in

order to blaze a trail ahead and to look for a new camp site. The four others, who were not in such perfect physical condition were to tidy up the camp site and follow on. At 11 a.m. the first four team members informed us by walkie-talkie that they had reached 4,998 metres and could see the base camp from there. They were looking for a new camp site and heading towards the main peak.

Compared with Camp No. 1, this base camp was like home. At noon, five of us took walk in the woods. Before our eyes were icy peaks, cedars, grassland, streams and herds of yaks. There were colourful flowers on the ground everywhere. The scenery was enchanting, but the misery I had experienced yesterday was still forefront in my mind.

At 3:14 p.m. exciting news was relayed from the mountain top: the first four trail blazers had ascended the summit of the main peak. Fixing their position by satellite, they calculated that the actual height of the peak was 5,425 metres and not 5,396 metres as marked on the map. There was a force-8 wind on the summit and the temperature was -4°C.

Left Page: Encountering snow and wind, half way between base camp and Camp No. 1 (by Chen Chunlin)

Visibility was good. We immediately returned to our base camp and got in touch with Kunming through our radio station.

We had wine and potatoes for supper. Laughter and cheerful voices surrounded the table. Everybody spoke eagerly about mounting the summit tomorrow. That night, the moon shone brightly, shedding its silvery light over the earth.

### Day Six. October 5, 1995. Coming Down.

According to the original plan, if the weather was fine, a second group made up of three team members from Camp No. 1 were to ascend the summit. Since the first group had already reached the summit smoothly, Camp No. 1 had not been moved further up. The team members continued to stay in their "storied" structure. They had dug a pit into the snow, which formed the "first floor". On top of the pit, they had rigged up a Japanese tent brought by An Dong, which became the "second floor". If they could help it, they would not get out of bed during the night to relieve themselves. When they absolutely had to, it was necessary to tie themselves to the point guards and, because the wind was very strong, they had to steady themselves with an ice axe during the

process. Otherwise, there would be a danger of slipping into an ice crevice.

When we got up early this morning, we found that there was a heavy fog below the mountain. Mr. Lu, the forest ranger, said there would be heavy snow on the mountain top. Yesterday, the radio station in Kunming had already informed us that satellite pictures showed changes in the cloud chart, which would affect weather on the snowy Haba Mountain. After discussing it on the walkietalkie, we agreed to wait until noon and let the weather decide for us whether we were to as-

cend the mountain or begin our descent.

ian Yi, whose clothes were

soaked through, stumbled into

the rock hut, his face blue. Without a

word, he emptied a bowl of ginger

soup. It was a long while before he

said, "Zhao Bing almost died!" No one

uttered a word.

At 11 a.m. the weather did not improve. The fog became even heavier and totally engulfed the mountain above the snow line. Over the walkie-talkie, the team leader firmly decided that Camp No. 1 was to be dismantled and that all the team members were to withdraw. Those of us at the base camp waited uneasily.

At 4 p.m. all the team members who had left the base camp earlier today had managed to return safely before it got dark.

At 5:14 p.m. Tian Yi, whose clothes were soaked through, stumbled into the hut, his face blue. Without a word, he emptied a bowl of ginger soup. It was a long while before he said, "Zhao Bing almost died!" No one in the hut uttered a word. We then heard He Xi's anxious voice on the walkie-talkie: "An Dong has lost consciousness. He can hardly stand. We've reached the snow line. Please send someone up to help. I can't carry him any longer." Without a word, Zhong Jianming and Liu Ming immediately departed.

Twenty minutes later, Jin Feibiao, Li Chengjiong and Zhao Bing returned. The team members laid Zhao Bing on a wooden board near the





fire. One of his legs had become paralysed and there was probably some internal damage. As they had started to come down, Zhao Bing thought it was too troublesome to put on the point guards. They had hardly set out before they heard a cry and saw Zhao Bing slipping straight down an icy slope. He was saved by a crevice in the rock near a marker pole. The fall was more than 30 metres.

Over the walkie-talkie, He Xi shouted again, "An Dong is dying. Come and help me." Upon hearing the plea, Peng Xinmin and Chen Chunlin, who had just returned, rushed out again into the rain and dark-

ness. Ten minutes later, several other team members returned and, also rushed out to help. Outside, I relieved Kang Jing who was standing in the rain holding a flashlight signalling the direction. I realised the team members would certainly not be able to see the solitary beam of light in the fog, so I started shouting at the top of my voice every minute to help my fellow team members find their way back. I felt uneasy in the thick fog and kept turning my head toward the small hut lest it, too, should disappear. My fellow team members must not lose their way.... They must come back. They must come back.

At last the team leader and Li Chengjiong carried the half-conscious An Dong into the hut. Finally, all 17 team members had returned.

### Day Seven. October 6, 1995. Rest.

Today was a day of rest and recuperation. All the men came to life after noon. They played endless childhood games: Jumping over a Calf, A Blind Man Groping for Fish, and others. Laughter echoed through the mountains at 4,000 metres, diluting the disappointment of those who had lost the opportunity of reaching the summit.

That evening, we ate roast mutton by the fire. It was an unforgettable occasion.

Chen Chunlin took out a small camcorder and began to record each of the faces that had been burned by the strong ultraviolet rays.

### Day Eight. October 7, 1995. A Day of Leisure.

We got up late. We went out to investigate the high-altitude lakes nearby. At a mountain pass, we found three piles of stones, which the Tibetans call Mani Piles. They serve both as a road marker and a symbol of good luck. Each passer-by places another stone on top of the piles, which, it is believed, will ensure his or her safe journey. On the other side of the mountain pass was an empty valley, covered with low-growing alpine plants and mosses of all kinds, which turned it into a colourful dream-like world.

The blue waters of Lake Wanhai lay peacefully in a picturesque valley full of red leaves and golden yellow cogon grass. This picturelike scenery totally swept away the tension and fatigue of the last few days.

Before dark, an icy snow began to fall. We decided to descend the mountain tomorrow.

# Day Nine. October 8, 1995. Going Down the Mountain.

I woke up very early. The temperature was very low and it began to snow again. Would the caravan of horses be able to make it back up if the snow is too heavy? After a two hour wait we finally heard the bells of the caravan in the

snow storm and began our journey back home.

ain and snow fell like needles on

my face. Engulfed in heavy fog,

there was only myself and the solitary

beam of light. The team members

would certainly not be able to see in the

fog. So I started shouting at the top of

my voice every minute to help my fel-

low team members find their way back.

Further down the mountain it poured with rain, turning the road into slippery quagmire. It took us six hours. Every team member was soaked through and exhausted.

That night, warm water and a bed became luxurious comfort. After a good night's sleep, I shall be as good as new again.

Article by Xie Jing Photos by Jin Feibiao and others Translated by Tang Bowen

Left: At 4,100 metres, we pitched base camp and held a simple opening ceremony.

Right: A crucial moment – the conquest of the summit on Day Four at 3:14 p.m.

The name Longhu (Dragon and Tiger) Mountain may make you think it is a place of



wildness, but our LANDSCAPE report next month will show you

the elegant charm of the mountain. Then, our DISCOVERIES will

lead you on a tour through the desert in Xinjiang along the Silk Road, tracing

its past and tasting its rich

the east coast, we'll visit



local flavour. Back to

Nanjing, where



you can relax yourself with all kinds of entertainment, including enjoying the best local delicacies. For those



who like a challenge, we have prepared the thrilling excitement of

drifting along the Maling River in Guizhou Province.

RESTAURANT SPECIALISING

IN CHAOSHOU

Longchaoshou is a restaurant in Chengdu, Sichuan Province specialising in snack foods. It is renowned for its "chaoshou" commonly called "wanton" in Guangdong or "hundun" in north China. Chaoshou is very popular in Sichuan so if you want to eat wanton, you simply call out to the waiter "Please give me a bowl of chaoshou!"

The second floor of Longchaoshov Restaurant



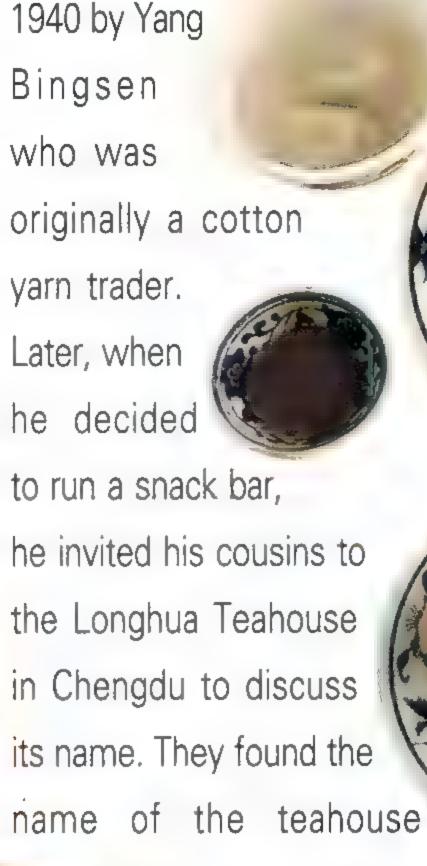
Delicately wrapped,
its stuffing is made of
minced pork seasoned with salt,
ginger, pepper and sesame oil.
Chaoshou is made into the shape

of a water chestnut, boiled in a pot and then served with specially prepared soups, for example, a clear soup, or a fresh meat broth made from stewed pork bones. Another soup has red pepper oil added to the bowl to make the chaoshou very spicy!

If you want to taste the best chaoshou

cooked in the orthodox way, you should try the Longchaoshou Restaurant at No.-8 Chunxi Road South in Chengdu.

The restaurant



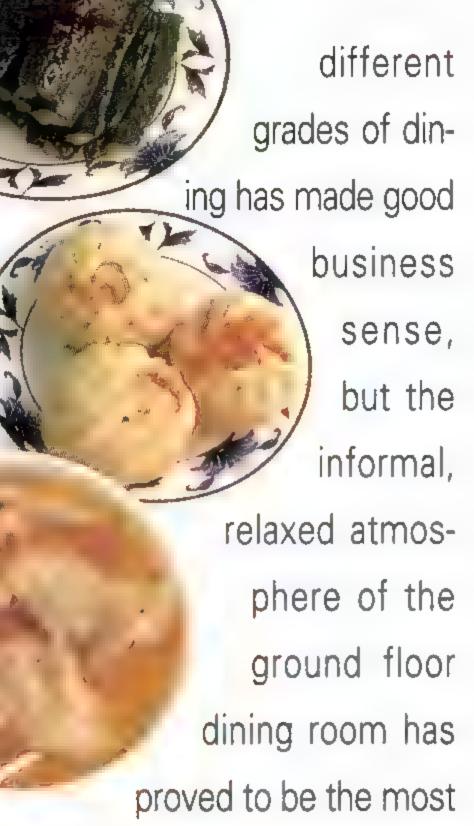
was founded in

"Long" was the homophone for "dragon", symbolising prosperity and good luck, so they named the snack bar "Longchaoshou", which also indicated its specialty in chaoshou. In fact, the restaurant also sold steamed stuffed buns and

other Sichuan delicacies. Success came quickly owing to its tasty soup and the chaoshou and buns made of only the best ingredients.

Today the Longchaoshou Restaurant has three floors of dining rooms. The ground floor provides set snack food menus to gen-

eral customers; the second floor provides dishes for the more discerning client; and the third floor is often used for banquets. The idea of offering



popular. A good set meal costs about 100 yuan. In recognition of its high-quality food and good service, the restaurant has won the Gold Vessel Award from the Chinese Ministry of Domestic Commerce.

Other snacks include crispy fried dumplings, baked egg cakes, steamed cakes, and new Sichuan-style dishes such as "wenjun



Cooks take great care preparing these snack foods.

pipa duck", "Dongpo pork leg" and "Daqian noodles with fish" and as many as 100 others. These wonderful dishes make it worth adding Longchaoshou Restaurant to your Chengdu itinerary.

Photos by Huang Yanhong

Article by A. Diner

Translated by Xiong Zhenru



Chaoshou with

clear soup

Ground floor dining hall

# "MOUNTAIN HERB EGGS"

Having visited Longchaoshou Restaurant of Sichuan, I now take you to one in Shanxi.

These days if a restaurant does not have a catchy name, it finds it difficult to stand out from the competition and to attract customers. This restaurant, located at 112 Peach Garden Road South, Taiyuan, capital of



Since the introduction of the Complete Banquet of Potatoes, the Potato Restaurant has enjoyed brisk business.

Shanxi Province, has a very unusual name -Mountain Herb Eggs. At first I took the name to be a shop selling traditional Chinese medicine, but the board outside explicitly carried the word "restaurant". It took me a while to figure out that Mountain Herb Eggs is a local term for potatoes. All its dishes contain potato, hence its name, the

The Mountain Herb Egg Restaurant offers Shanxi dishes with a strong flavour of the Yellow Loess. Even the restaurant rooms are permeated with the customs and traditions of the region. As soon as one enters the restaurant, one is

Potato Restaurant.

attracted by a Chinese painting of the Yellow Loess hanging in the main hall, but what is even more special are the smaller dining rooms built in the style of cave dwellings and named after scenic spots such as Mount Wutai, Heavenly Dragon Mountain, Yungang (famous for its grottoes housing ancient Buddhist carvings) and Jinci Temple. Inside each of these dining rooms are two exquisite earth beds called kang. Customers can dine sitting cross-legged on the kang or on its edge, whilst experiencing life in a cave dwelling. Served by waitresses dressed as village girls, I was amazed by the variety of

dishes, not only because of their presentation and colour but because of their flavour and aroma. Only after I had tried dish after dish was I convinced that the potato

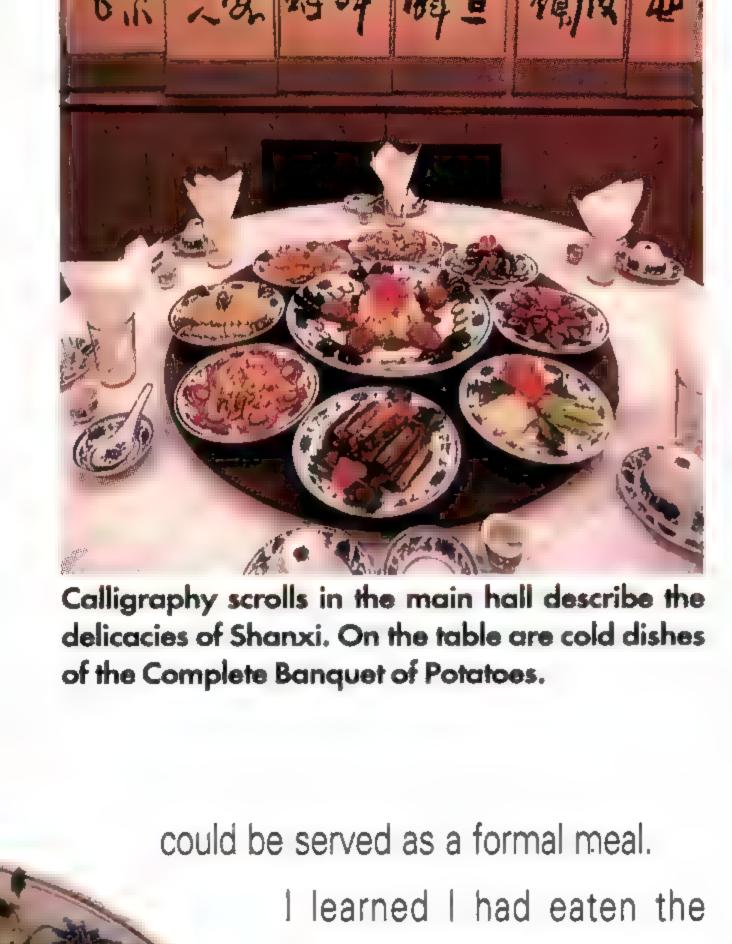
The Golden

Stick

**Dragon Cattail** 

The Bird's Nest and Lark Eggs

The Gold Thread on Bottle Gourd



hot courses and more than 20 cold dishes, of which the major ingredient is potato! The banquet can also be delivered to one's home, but either way it is advisable to make reser-

"Complete Banquet of Pota-

toes", the house specialty,

consisting of over a dozen

vations one day in advance, since lengthy preparation is required for some of the dishes. Prices for set meals for six to 12 people range from 380-780 yuan. Cakes and Shanxi-style noodles also accompany the C

courses.

Photos by Shan Xiaogang Article by A. Diner Translated by Huang Youyi



81

### TE HK '96

Asia's largest annual travel exhibition, International Travel Expo '96, was held in May at the Hong Kong Convention and Exhibition Centre. Celebrating its 10th anniversary, the four day event included a series of seminars for trade visitors and the general public.

Various trade awards were established with Hainan winning the Most Promising New Destination in China and Shenzhen Bay Tours, the Best Value Leisure Product.

Official sponsors (in alphabetical order)
Cathay Pacific Airways, China National Tourism
Association, Hong Kong Tourist Association,
Macau Government Tourist Office, Travel Industry Council of Hong Kong and Travel News
Asia are happy that the event attracted almost
600 local and international exhibitors. Significant inroads have been opened into Austria,
The Netherlands, Germany, Britain, Peru,
Kenya and Lithuania who were warmly welcomed as first-time exhibitors.

### Tourism to Thrive in '97

About 50 million tourists are expected to visit China in 1997, continuing the country's status as the world's fifth most popular destination. China National Tourism Administration (CNTA) expect the number of overseas visitors will represent almost a 6 per cent increase over 1995 with income from overseas and domestic tourism in 1997 hitting approximately US\$10.5 billion and US\$21 billion respectively, up almost 20 per cent and 27 per cent over last year.

As a marketing drive to attract overseas tourists, CNTA has declared next year as Visit China '97 and has started preparations for large-scale tourist events featuring the country's landscape, heritage, folklore, holiday resorts and special tour routes. Highlights include 48 festivals and 16 routes such as the Silk Road, the Yellow River valley, the Three Gorges of the Yangtse River, as well as Confucius' Hometown (Qufu) in Shandong Province

and Guilin's landscape. Also domestic flights for travel agencies will be discounted by 20-30 per cent during this period. CNTA hopes the 'visit year' drive will yield good social and economic results.

# New Route From Hong Kong to Zengcheng

To celebrate this year's Lychee Festival in Zengcheng, one of Guangzhou's satellite cities, a new water route from Hong Kong to Zengcheng (Xintang) has been opened since July 6 this year. A passenger ship is scheduled to set off daily from both destinations. The Lychee Festival is held every year at harvesting time between July and August, in Zengcheng, also called Hometown of Lychee.

The Zhujiang Passenger Navigation Company has also added a ferry service along the original Hong Kong-Guangzhou line. The passenger ship continues its way to Guangzhou after stopping at Huangpu. The number of passengers travelling along the company's 18 water routes reached 1.7 million during the first four months of this year.

### Nationality Museum in Yunnan

A large modern museum focusing on minority nationalities has opened in Kunming, capital of southwestern China's Yunnan Province. Located by the Dianchi Lake, adjoining to the Nationality Villages, the museum comprises a series of single-storey houses reflecting the architectural styles of the various ethnic groups of Yunnan. Covering a floor space of 7,000 square metres, its 17 exhibition halls can display as many as 6,000 items. Folk festivals such as the Water Splashing Festival of the Dais, the Sanyuejie of the Bais, the Knife and Pole Festival of the Lisus, the Torch Festival of the Yis, and many others are explained, and numerous handicraft manufacturing skills are on display in the museum. By visiting the museum, tourists can obtain a basic knowledge of the nationalities in Yunnan.

### Desert Yields Water

Clear water has sprung from a 500-metre deep well located in the heart of the Tarim Oilfield in the Taklimakan Desert in Xinjiang Uygur Autonomous Region, also known as the Sea of Death. The well contains the first low-mineral-content water ever found in the desert. With only two grams of mineral per litre it is up to the state standards for drinking water and is expected to quench the thirst of the 30,000 oil workers located there.

# Yangtse Dolphins

A nature reserve in Wuhan, capital of Hubei Province, plans to capture more of the rare white-flag Yangtse dolphin in the hope that they can raise them to increase their population to between 30-50. Found only in China the dolphin is under priority protection by the state which has already set up two nature reserves. The Tian'ezhou Nature Reserve located at Shishou on the Yangtse River received a new member recently: a female Yangtse dolphin, 2.29 metres long, weighing 150 kilograms.

# Residents' Help Line, Nanjing

A new Help Line has been set up by Sanjiang Medical & Health Care Information Telephone Station to offer advice on health care to Nanjing residents. It is the first of its kind in China and has a wealth of medical and health care information at its fingertips. Services include practical guides for visiting a doctor, advice on difficult and complicated cases as well as information on first-aid, health care, pharmaceutical products and nutrition.

# Water to Shanghai

A major project to divert water from the Yangtse River to thirsty Shanghai was completed recently. Around 1.3 million tons of water will be pumped daily into China's largest city accounting for one-fifth of its total water supplies. In the past Huangpu River provided the major water source but because of severe water shortages coupled with economic growth, water quality has deteriorated and a new source needs to be found.

# Coughing Tree, Shandong

Each night at a temple in Luxian County, a 3,400-year-old gingko tree, regarded locally as a living fossil, emits a very strange sound – like an old man coughing. So far experts have no explanation for the strange occurrence but the tree, which is 24.7 metres tall and 15.7 metres in circumference, has managed to attract hundreds of visitors every night since the news was announced.

## Explorer Died on Desert Trek

Yu Chunshun, a 48-year-old Chinese explorer was found dead in his tent by a rescue team on June 18, five days after his fellow explorers had lost contact with him. Yu entered the Lop Nur Desert in Xinjiang, northwestern China alone on June 11, carrying with him a two-day supply of water and food. At that time desert temperatures exceeded 40 °C.

An autopsy report showed that Yu died of sudden dehydration and extreme temperatures.

Yu's remains were buried at the place where he died, followed by a memorial service held in Korla, a city west of Lop Nur, attended by local residents and members of Yu's family coming from Shanghai.

Yu Jinshan, Chunshun's father, announced that the 100,000 yuan (about US\$12,000)

collected from his son's life insurance benefits will be used to establish a foundation to provide financial support to explorers.

Prior to his death, Chunshun had completed a journey to the ruins of the ancient city of Loulan.

# Overseas Investment and Trade Fair, Fujian

The 10th Fujian Fair for Overseas Investment and Trade will focus on tapping potential in the central and western regions of China. Jointly held by the Hong Kong Trade Development Council (TDC) and China's 19 provinces, autonomous regions, municipalities and ministries, the fair will be held from September 9-12 in Xiamen, one of China's special economic zones in Fujian Province.

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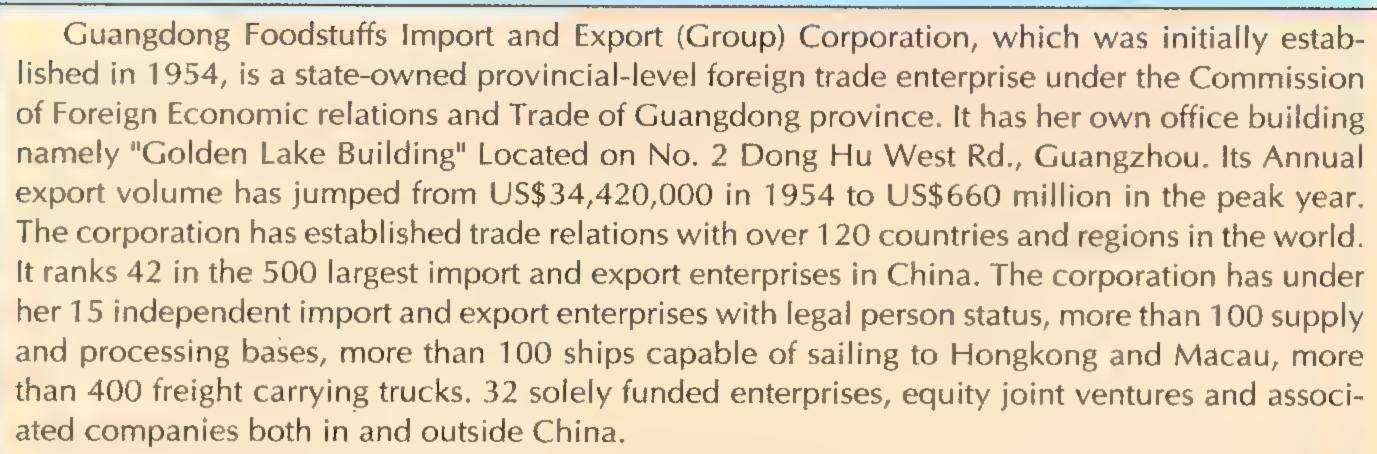






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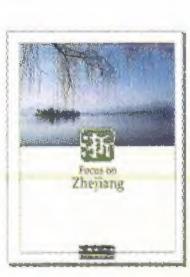


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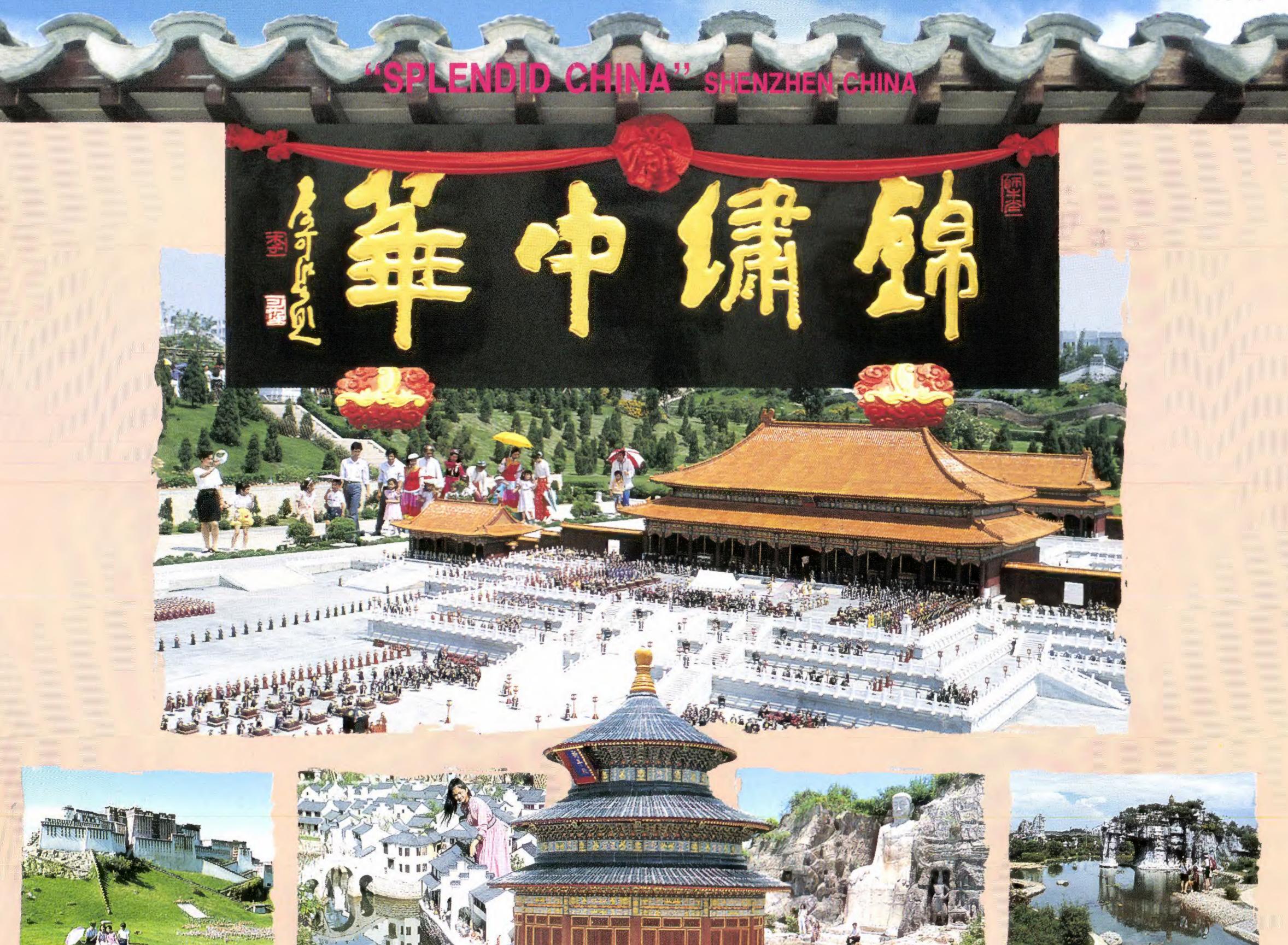
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